Get Payroll Certified.
Job Ready in 10 Months!
ACCOUNTING & PAYROLL ADMINISTRATOR PROGRAM
www.startyourcareer.ca
(403) 920.0070
ROBERTSON COLLEGE

MAKING A HOBBIT OF SPECIAL EFFECTS

PETER JACKSON'S NEW ZEALAND STUDIO IS AT THE HEART OF HIS EPIC FILMMAKING EMPIRE PAGE 17

CALGARY metro®

Tuesday, November 27, 2012

News worth sharing.

metronews.ca | twitter.com/metrocalgary | facebook.com/metrocalgary

A BLUE WIN

Conservative Joan Crockatt earned the job as the new MP for Calgary Centre late Monday night, following a hotly contested federal byelection that saw strong challenges from Liberal candidate Harvey Locke and Green candidate Chris Turner. Story, page 3. LARRY MACDOUGAL/THE CANADIAN PRESS

Speed fines may reduce city tax hike

Not over yet?
Chairman says Calgary Police Commission 'makes the ultimate decision' on police budgets

Quoted

"What we're talking about is the over-funding of the police service."
Ald. Jim Stevenson

City council voted Monday to ease next year's property-tax hike by moving $4 million out of the police budget, catching Calgary's police commission chairman by surprise.

"This is news to me," Mike Shaikh told Metro on Monday, after being informed of the 14-1 vote at council.

"Nobody told me that. If they had, I would have loved to have worked with the council to work on solutions."

It's the first major move in the city's 2013 budget deliberations, which are set to continue Tuesday and all week, if necessary.

Noting that police have taken in far more than anticipated in red-light and speed-on-green cameras this year, Ald. Diane Colley-Urquhart asked council to shift $4 million a year from the police service to general revenue, while also creating a reserve fund for police operations.

The move would reduce the proposed 2013 property-tax increase to 5.3 per cent, down from 5.7 per cent. That could change again, however, if council makes additional budget adjustments.

Ald. Jim Stevenson said the police department has historically received all the money it has asked for — and then some — and the decision was simply "common sense," given the additional fine revenue.

"What we're talking about is the over-funding of the police service," he said. "We've over-funded them in a big way."

But Ald. John Mar, the only one to vote against the move, thought it wasn't safe to assume money brought in by fines will stay constant.

"My only concern is that fine revenue can change," he said.

Shaikh echoed that concern.

"This is the first year of operation of speed-on-green — the full first year," he said. "And our experience tells us that drivers change their habits."

ROBSON FLETCHER/METRO

Stylish urban architecture lives at Walden.
And so can you.
walden
STARTING FROM THE MID $400s INCLUDING LOT + GST
VISIT OUR SALES CENTRE
56 & 60 Walden Terrace SE
403.984.9107

CARDEL HOMES
Built for real life.
CARDELHOMES.COM

CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM

UNAUTHORIZED FACTORY CLEARANCE SALE

THIS WEEK ONLY!

HURRY! SALE ENDS DECEMBER 1ST, 2012

OVER $13,250 IN SAVINGS!

CASH FOR CLUNKERS CASH.CMPAUTO.COM

Recycle your 2006 model year or older vehicle and receive up to **$3,000** towards the cash purchase, financing or leasing of an eligible 2012 or 2013 truck!

2012 CHEVROLET SILVERADO 1500

OVER 150 SILVERADOS TO CHOOSE FROM!

4.8L V8 SFI IRON FLEX FUEL AUTO W/ OVERDRIVE, KEYLESS REMOTE ENTRY, PWR DOOR LOCKS, A/C, CRUISE CTRL, DRIVER CONVENIENCE PKG, ONSTAR, P265/70R-17 ALS BW

MSRP: $40,500
SALE PRICE: $27,250

$80 /WEEK[1]

SAVE $2500 WITH C FOR C CASH FOR CLUNKERS SALE PRICE: $24,750

CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM

ACADIA ATS AVALANCHE CAMARO CANYON COLORADO CORVETTE CRUZE CTS ENCLAVE EQUINOX ESCALADE EXPRESS IMPALA LACROSSE REGAL SIERRA SAVANA SILVERADO SPARK SONIC SRX SUBURBAN TRAVERSE TAHOE TERRAIN VERANO XTS YUKON

WE HAVE THEM ALL!!!

CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM

VIEW OUR ENTIRE INVENTORY ONLINE! ★CMPAUTO.COM★

THE 2013'S ARE HERE

0% FINANCING AVAILABLE!

P130512

2013 GMC SIERRA 1500 WORK TRUCK

4.3L MFI V6 ENGINE, 4-SPEED AUTO, A/C W/ CLIMATE CTRL, BLUETOOTH, STEERING WHEEL AUDIO CTRLS, ONSTAR, REAR LOCKING DIFFERENTIAL, CRUISE CTRL

MSRP: $32,995
SALE PRICE: $25,995

$77 /WEEK[2]

WE HAVE OVER 80 CRUZES

1.8L 4CYL 6-SPEED AUTO, ONSTAR, ABS, CONSOLE W/ MP3 GRAPHIC DISPLAY

MSRP: $18,700
SALE PRICE $15,999

$47 /WEEK[1]

C121663

2012 CHEVROLET CRUZE LS

CERTAIN VEHICLES MAY HAVE MINOR HAIL DAMAGE. CAN BE PAINTLESS DENT REPAIRED FOR ADDITIONAL COST. 1. O.A.C @ 4.99% FOR 60/96 MONTHS. 2. O.A.C. @ 1.99% FOR 84 MONTHS. TAXES (GST, $20 TIRE & $100 A/C) AND FEES ($449 ADMINISTRATION, $149.95 WHEELS LOCKS AND NITROGEN & $6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

CMP GM CHEVROLET Cadillac BUICK GMC

1313 36 St. NE, Calgary, AB
T2A 6P9 403-930-1634

CANADA'S BEST MANAGED COMPANIES

AMVIC LICENSED

REBUILD YOUR CREDIT

BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.569.5416
CALGARYAUTOFINANCING.COM

FOLLOW US FOR NEWS, EVENTS, SPECIALS, PRIZES:

FREE MOBILE APP:
Available on the iPhone App Store
Google play

CMPAUTO.COM

CHEVROLET BUICK GMC Cadillac CMP GM

Calgary byelection

Conservative candidate Joan Crockatt claims narrow win

Conservative candidate Joan Crockatt edged out Liberal challenger Harvey Locke to claim a narrow byelection victory in the riding of Calgary Centre.

Crockatt, the Conservative establishment candidate, emerged unscathed after a surprisingly close, three-way contest for a riding that's been solidly blue for four decades.

The former journalist edged out Liberal Harvey Locke — with a vote-splitting assist by Chris Turner of the Green party — by winning about 37 per cent of the popular vote, following a campaign that received national notice.

That was in part due to some ill-timed Alberta bashing by Liberal MPs outside the province — including Justin Trudeau — that may have saved Crockatt's election chances.

Tory strategists were spinning Calgary Centre as a litmus test for Trudeau's Liberal leadership hopes, but the vote results may say more about Alberta's ongoing battle over the direction of the conservative movement.

Calgary Centre, the riding next door to that of Prime Minister Stephen Harper, attracted much national attention as the results came in and Crockatt ran neck-and-neck with Locke for most of the night.

"It's going to be a long night," said one Conservative supporter watching the returns at Crockatt's headquarters. "It's going to be close."

Running in a bedrock small-c conservative seat, Crockatt ran a safe, low-key campaign that had the Liberal and Green contenders nipping at her Conservative heels.

Byelections tend to be hard on sitting governments, but Calgary Centre wasn't supposed to be a problem for the Harper Conservatives.

The riding hadn't seen a three-way race since Reformers and Progressive Conservatives were fighting for the right to roast a Liberal in the early 1990s.

In fact, the combined vote for right-of-centre parties in Calgary Centre has not been below 50 per cent since 1972.

But Crockatt's vocal support for the upstart Wildrose party in the last Alberta election appeared to divide the local conservative base, with some openly defecting to support Locke.

Voting was described as steady, with some polling stations reporting lineups when the doors opened in the morning.

THE CANADIAN PRESS

Victim 'in the wrong place at the wrong time,' say friends

Identified. Tariq Sikandar leaves behind widow, siblings in his native Pakistan

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Friends of Calgary's latest homicide victim are describing him as a religious man who obeyed the law.

But city police did report Monday having contact with 24-year-old Tariq Sikandar in the past and say he was inside a known "problem house" when shots rang out Friday morning.

Sikandar died at the home in the 100 block of Martinvalley Mews N.E. and a second victim, a 30-year-old unidentified acquaintance, was rushed to hospital in critical condition.

"We are still in shock, man," said Naveed Yasin, a friend of Sikandar's. "He wasn't into drugs or anything like that. He was a religious person.... He was in the wrong place at the wrong time."

The second man injured in Friday's shooting, which occurred around 10:30 a.m., has since been upgraded to stable condition and is expected to survive, said police Staff Sgt. Grant Miller.

"I'm under the impression he's had more than one surgery ... we are unable to speak to him at this time," Miller said.

Police spokesperson Kevin Brookwell said hours after the shooting Friday it would be "safe" to assume it was drug-related, but Miller did not specify whether Sikandar has been linked to any criminal dealings.

He added that witnesses have offered a preliminary description of two dark-skinned men wearing masks fleeing the scene moments after the shooting, but he urged anyone else with information to come forward.

Police helicopters and canine trackers searched for suspects Friday to no avail and a search team scoured the Martindale community for clues over the weekend.

Details

- Police are still working to determine how many people lived in the home on Martinvalley Mews N.E. that was the scene of Friday's shooting. It is also not clear whether the two victims resided there.
- Tariq Sikandar is Calgary's 18th homicide victim of 2012.

Friend Yasin met Sikandar while playing in the Calgary and District Cricket League, of which the victim had been a participant for roughly five years.

Now he and fellow friend Asad Khan have begun accepting donations in Sikandar's honour to send home to a widow, mother and siblings left behind in his native Pakistan.

"He was a good guy," Khan said. "He didn't have any enemies or anything. He was courteous, caring, loving — just a regular type of guy."

An autopsy conducted Monday confirmed 24-year-old Tariq Sikandar was the victim of a shooting in Martindale Friday. FACEBOOK.COM

Warehouse burns in northeast Calgary

Fire crews battle a blaze in a shipping container attached to a warehouse in the 3400 block of 39 Avenue northeast Monday afternoon. CANDICE WARD/FOR METRO

Workers evacuated safely and no one was injured when a fire broke out in a northeast Calgary warehouse just before 2 p.m. on Monday.

The two-alarm fire started in a 50-foot trailer in the loading dock area of the 1.5-million-square-foot building. The warehouse, located in the 3400 block of 39 Avenue N.E., is owned by Walmart.

"The trailer is a total write-off. Other than that, there was very little damage to the building," said Battalion Chief Frank Nowak.

The blaze lasted for about an hour before the warehouse's automatic sprinkler system and firefighters from the Calgary Fire Department put it out.

All workers in the warehouse evacuated the building safely, after being instructed to do so, according to the fire department.

The cause of the fire is under investigation.

One employee of the warehouse believed the cause could have been an electrical malfunction. RYAN KESSLER/FOR METRO

The facts

- Two adjacent trailers were damaged by the blaze.
- At least a dozen firefighting vehicles were on the scene.
- All firefighting personnel and warehouse employees had left the scene by 5 p.m.

Calgary Food Bank wins despite Stamps loss

James McAra, CEO of the Calgary Food Bank, is happy with the donations made over the past week. CANDICE WARD/FOR METRO

The Stamps' heartbreaking loss to the Argos on Sunday is still a win for the city's main food bank.

On Nov. 19, Mayor Naheed Nenshi proposed a bet with Toronto Mayor Rob Ford that would see the mayor of the losing city donating his weight in food to a food bank in the victorious town.

"The wager that Mayor Nenshi proposed has had a profound effect on awareness," said Kathryn Sim, communications and marketing co-ordinator of the Calgary Food Bank.

Though it lost out on what could have been a substantial donation (roughly 350 pounds worth), Sim says the heightened media and Twitter attention has helped get the word out.

She doesn't have specific numbers on donations to the Calgary Food Bank within the past week, but says the charitable organization has received more than a dozen tweets from people telling the food bank they will be donating food or money.

"While the Calgary Food Bank will certainly benefit from the #mayorbet wager, the added awareness of hunger in Canada is immeasurable."

Gail Nyberg, executive director of Toronto's Daily Bread Food Bank, said she's thrilled with the Argonaut win and, though she hadn't heard from the Calgary mayor's office, she's confident Nenshi will be true to his word and donate about $650.

"I'm overjoyed the bet was made," she said.

"We're entering into our holiday drive and this will kind of kickstart it."

LISA WILTON/METRO

Bluetooth technology tracks Deerfoot travel times

Largest system in North America. Uses sensors to monitor mobile devices and estimate rate of vehicle flow

RYAN KESSLER
calgary@metronews.ca

Drivers will now have a better idea of how long they're going to be stuck on Deerfoot Trail.

The Travel Time Information System was unveiled on Monday along Deerfoot Trail. Message boards use Bluetooth technology that tracks drivers' cellphones and other devices to determine wait times on the major thoroughfare.

Average wait times are measured by tracking the speed and distance covered by each device.

"If there's an accident or something else ahead, and the system recommends you get off at another exit, that would be helpful," said Doug Hayden, a McKenzie Towne resident and realtor whose commute to downtown Calgary can take as long as 40 minutes.

The Deerfoot Trail system is the largest Bluetooth traffic tracker in North America, the City of Calgary says. It comes after a trial run on 16th Avenue in 2010 that the city described as an overwhelming success.

"Some people see heavy traffic and are then tempted to take shortcuts through communities," said Peter Jacoby, a spokesperson for Calgary's transportation department.

With the new system, people will have a better idea of when a detour is necessary, he said.

Right now, the system has seven message boards, relaying travel times from 15 sensors along Deerfoot.

Down to the wire

- Fifteen kilometres of Deerfoot Trail — between Airport Trail and Barlow Trail — have the new signs.
- The technology encrypts Bluetooth signals and does not track other information about drivers, the city says.

The City of Calgary has spent $400,000 on the project. Support also came from the provincial and federal governments.

The system will operate from 6:30 a.m. to 6:30 p.m. weekdays. Eventually, those hours will be extended.

The city said Bluetooth tracking will probably be implemented along Crowchild Trail and Glenmore Trail in the next few months.

The Travel Time Information System on Deerfoot Trail was activated on Monday afternoon to give commuters a more accurate estimate of how much time their journey will take from certain points along the route. CANDICE WARD/FOR METRO

Accused reservist not qualified to run firing range, court martial hears

A reservist charged in a fatal accident in Afghanistan says he had never been trained on a device that killed one soldier and wounded four others when it exploded in a training exercise.

Maj. Darryl Watts, 44, faces six charges, including manslaughter, in the death of Cpl. Josh Baker in February 2010.

Watts took the stand on Monday as his defence began at his court martial in Calgary. He was the officer in charge of the firing range that day, but he told the military court he had never been familiarized with the Claymore anti-personnel mine, also known as the C19, that the soldiers were using. He also said he had never been qualified to run a firing range and had informed his commanding officer of that.

"I said 'I'm not qualified on the C19 but Warrant (Officer Paul) Ravensdale is,'" Watts said. "Maj. Lunney agreed Warrant Ravensdale was qualified.

"It was Warrant Ravensdale's range. I had no concerns."

The prosecution alleges Watts allowed his men to practise with the C19 without proper training. Watts said he didn't believe in "cutting corners" when it comes to troop safety.

THE CANADIAN PRESS

Charges

- Cpl. Josh Baker, 24, died when the Claymore, packed with 700 steel balls, raked the Canadian Forces platoon on a range four kilometres north of Kandahar.
- Maj. Darryl Watts is charged with manslaughter, unlawfully causing bodily harm, breach of duty and negligent performance of duty.

ROGERS™ authorized dealer

CALGARY

Deerfoot Meadows
(403) 253-1800
Northland Village
(403) 247-8415
Marlborough Mall
(403) 248-5554
(403) 235-6779
Chinook Park Plaza
(403) 252-2227
Macleod Trail Co-op Shopping Centre
(403) 287-0870
2015 32 Ave. NE
(403) 291-6801
Shawnessy Shopping Centre
(403) 254-6901
Marda Loop
(403) 265-5555
Gulf Canada Square
(403) 261-2012
SunCor Energy Centre
(403) 532-5994
Beacon Hill
(403) 295-8006
South Trail Crossing
(403) 257-6655
Crowfoot Crossing
(403) 215-7300
17th Avenue Plaza
(403) 974-3150
Pacific Place Mall
(403) 727-2016
Beddington Towne Centre
(403) 216-9363
T & T Supermarket
(403) 230-3380
London Town Square
(403) 219-2113
Aspen Landing
(403) 727-2019
City Plaza
(403) 263-7595
Okotoks
(403) 995-9349
Airdrie
(403) 948-9865
TD Square
(403) 571-7760

ROGERS plus

CALGARY

Millrise Plaza
(403) 256-2015
London Place West Shopping Centre
(403) 246-7333
5244 Falsbridge Gate NE
(403) 280-5533
Market Mall
(403) 202-0200
Sunridge Mall
(403) 280-5151
Chinook Centre
(403) 253-0229
Southcentre Mall
(403) 225-6593
North Hill Centre
(403) 202-1801
Deerfoot Mall
(403) 275-3500

PLUS NO ACTIVATION FEE[1]

With the **largest** selection of LTE superphones, experience revolutionary

LTE SPEED

Devices starting from **1¢***
with select 3-yr. **FLEXtab**™ agreements

LTE beyond 4G

EXPERIENCE THE FASTEST WIRELESS NETWORK TECHNOLOGY ON THE PLANET†

CALL 1 888 ROGERS1 | **CLICK** rogers.com/LTEsuperphones | **VISIT** your local Rogers retail store

AMAZING SHARE SPEED CONNECT FAST STREAMING DOWNLOAD SURF RELIABLE BLOG CONNECT FAST EXCITING AMAZING

Creating World-Leading Internet Experiences.

ROGERS™

BONUS: UP TO 12 MONTHS FREE UNLIMITED VIDEO STREAMING[2]

Rogers LTE network available in select Canadian cities. See rogers.com/LTE

YouTube™ VEVO ROGERS anyplace tv

ROGERS™ authorized dealer · ROGERS plus · «WIRELESSWAVE» · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · SONY · booth wireless · BEST BUY · Walmart · THE MOBILE SHOP · LONDON DRUGS

Offers available for a limited time and subject to change without notice. *Nokia Lumia 900 and Sony Xperia Ion each $0.01. See rogers.com for current pricing for other featured devices. Pricing for each based on new activation on a 3-yr. talk and internet plan having min. $50 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to $35 (varies by province) may apply except as otherwise noted. † LTE SIM card activation on an LTE plan required. Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors. **1** Activation fee waived for eligible new activations before Dec. 31/12. **2** Up to 12 months unlimited video streaming on your smartphone (not shareable among devices) available to new wireless internet customers who activate an eligible 3-yr. term talk and internet plan (3 months with $55 single line/$110 family plan; 6 months with $65 single line/$130 family plan; and 12 months with $75 or $95 single line/$150 or $190 family plan respectively). Usage subject to Rogers Terms of Service and Acceptable Use Policy. Visit rogers.com/terms. ©2012 Rogers Communications.

NISSAN
The GIFT TO YOU Event
Special INTRODUCTORY LEASE OFFERS Or FINANCE AND TAKE A 3 MONTH PAYMENT HOLIDAY

NO PAYMENTS FOR 90 DAYS!
FOR FINANCE DEALS FROM NOW UNTIL NOVEMBER 30TH
NEW BUYER PROGRAM!*
NO CO-SIGNERS NECESSARY!
FINANCING AS LOW AS 0%!
PAY ONLY $500 DOWN!
*SEE DEALER FOR DETAILS

ALL 2012s COME WITH
FREE WINTER TIRES*

YOUR LAST CHANCE TO GET THE 4X4 TRUCK-PLATFORM PATHFINDER BEFORE IT SWITCHES TO A CROSS-OVER PLATFORM!

$9,000 CASH DISCOUNT
2012 NISSAN PATHFINDER 4X4
AUTO, PWR LOCKS & WINDOWS, ABS, STABILITY & TRACTION CONTROL
MSRP: $39,718
SALE PRICE: $30,718
$224 B/W¹
120195
★ ONLY 7 LEFT!

$6,500 CASH DISCOUNT
2012 NISSAN ALTIMA 2.5 S
AUTO, A/C, ABS, PWR LOCKS & WINDOWS, MOONROOF, ALLOY WHEELS, BLUETOOTH
MSRP: $30,293
SALE PRICE: $23,793
$174 B/W²
120119
★ ONLY 5 LEFT!

$2,500 CASH DISCOUNT
2012 NISSAN VERSA HATCHBACK
ABS, PWR LOCKS & WINDOWS, A/C, PWR MIRRORS
MSRP: $18,645
SALE PRICE: $16,145
$112 B/W²
121452
★ ONLY 15 LEFT!

$5,000 CASH DISCOUNT
2012 NISSAN XTERRA S
ABS, 4.0L V6, 6 SPEED MANUAL, TRACTION CTRL & VDC, A/C, PWR WINDOWS & LOCKS
WAS: $35,718
SALE PRICE: $30,718
$216 B/W³
121090
★ ONLY 14 LEFT!

VIEW OUR INVENTORY ONLINE! SUNRIDGENISSAN.COM
SUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COM
PAYMENTS O.A.C. 1. PATHFINDER: 0.9% FOR 84 MTH. 2. ALTIMA & VERSA: 0% FOR 84 MTH. 3. XTERRA: 4.99% FOR 84 MTH. TAXES (GST, $20 TIRE & $100 A/C) AND FEES ($399 ADMINISTRATION, $145 WHEEL LOCKS AND NITROGEN & $6.25 AMVIC) INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN. *DOES NOT INCLUDE FEES FOR RIMS, MOUNTING, AND BALANCING.
SUNRIDGE NISSAN
NISSAN Commercial Vehicles
3131 32 Ave NE, Calgary, AB
SUNRIDGENISSAN.COM 403-291-2626
THE ORIGINAL KING OF CREDIT
CALL JON NOW DRIVE TODAY!
403-999-9283
CREDITKINGCALGARY.COM
AMVIC LICENSED
BEST MANAGED COMPANIES
32 AVE NE
2701 32 AVE NE
3131 32 AVE NE

New transit priority lanes are now open along two sections of Centre Street. CANDICE WARD/FOR METRO

Priority lane opens on Centre Street

Commuters. Expect less congestion between north-central Calgary and downtown

RYAN KESSLER
calgary@metronews.ca

Buses, cyclists and drivers will have an easier commute on Centre Street now that new priority lanes have opened.

"It used to be pretty bad. You'd see 20 or 30 cars backed up," said Cole Brattly who takes the bus to his medical appointments.

Quoted

"Centre Street is probably the biggest pinch point for buses in our whole system."
Nora Hallett, engineer with Calgary Transit

"I hope it's going to free up some of the traffic jams. It will be really nice to see the traffic start moving again," he added.

One priority lane is open northbound between 42 Avenue and Thorncrest Road. Going south, the lane runs from just past 54 Avenue and ends south of McKnight Boulevard.

Cars may only enter the priority lane to make right turns.

"The weight of traffic will be drastically reduced for transit customers. Now they don't have to idle along, waiting for the lights to change," said Nora Hallett, engineer with Calgary Transit.

The area has been under construction since July to repair a worn-down roadbed. Wider sidewalks are also in place to encourage pedestrian traffic.

Funding for the new lanes came from all three levels of government. Calgary Transit contributed $4 million to the project.

Bear attack. Two hikers in Calgary hospital after mauling in B.C.

A man and woman have been airlifted to a Calgary hospital after surviving a bear attack near Kimberley, B.C.

Conservation officer Joe Caravetta said Monday the attack happened late Sunday afternoon in a remote area.

"Both victims were badly injured and distraught," he said. "They each had several bites to the legs, groin, head and arms."

Caravetta said it appears the two hikers may have startled a female bruin and two cubs, and the mother bear attacked when the woman tried to run away.

"The female hiker yelled at the bears and began to run," he said. "The sow chased her and knocked her down. Then the sow chased the male hiker and attacked him. The sow then turned and re-attacked the female hiker."

Conservation officers believe the hikers startled a mother bear like the one seen here with her cub. ROBSON FLETCHER/METRO

RCMP and four conservation officers were called to the scene and are trying to track the bears to determine if a grizzly or a black bear was involved.

Caravetta said it's likely a grizzly attack because any incident involving a black bear would be quite unusual at this time of year because the animals should be hibernating.

THE CANADIAN PRESS

Former Salvation Army exec charged in Toronto toy theft

Mr. Grinch? Police find three truckloads of the toys and are seeking a second suspect

David Rennie turned himself in and was charged for the toy thefts at the Salvation Army in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

The former executive director of a Salvation Army facility was charged Monday following the discovery of a massive cache of toys police said were stolen from the charity and bound for a booming black market.

Three tractor-trailers were found over the weekend in a warehouse in Brampton, Ont., and in a facility in Toronto. It's hoped the toys can be returned to the Salvation Army in time to distribute them this holiday season, police said Monday.

The toys and other gifts and products were either taken from the Salvation Army warehouse in Toronto or diverted before they got to the facility, police say.

"It's a terrible shame when people donate their good, hard-earned money ... and these articles are now being redirected for profit. ... That's what we're alleging," said Det.-Sgt. James Gotell.

David Rennie, 51, of Toronto, has been charged with 17 counts of possession of property obtained by crime, 10 counts of theft over $5,000, seven counts of theft under $5,000, criminal breach of trust, conspiracy to commit an indictable offence and several counts relating to trafficking in stolen goods.

Police allege a company called Northern Sales Group, which they said controls the Toronto warehouse where the toys were found, was involved in a scheme to sell the Salvation Army toys and investigators said they are looking to arrest and charge a second suspect connected to the group.

Rennie is scheduled to appear in court on Jan. 4.

THE CANADIAN PRESS

Massive operation

"I haven't seen anything to this magnitude before."

Det.-Sgt. James Gotell, a Toronto investigator with 23 years of experience

Deadly cocktail

Grapefruit and oral meds can be lethal: Study

Grapefruit juice can interact with more than 85 oral medications, with about half of them potentially leading to severe — even deadly — consequences, finds a comprehensive review by a research team affiliated with Western University in London, Ont.

Medications altered by grapefruit include highly-prescribed cholesterol-lowering statins, some key heart drugs and certain anti-psychotic and pain medicines.

A chemical in grapefruit interferes with an enzyme that controls how drugs are absorbed, resulting in a potentially-toxic dose.

THE CANADIAN PRESS

Risk of fire. Recall expanded for certain Banana Boat sunscreens

The makers of a popular line of sun products is expanding its recall of spray sunscreens because they pose a fire risk.

A statement from Health Canada says the affected Banana Boat products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the U.S.

Health Canada is also warning that similar products from other manufacturers may also pose a risk.

The original recall has been expanded from two products to four and another affected product has been identified.

Affected products

Check your travel bags for:

- Ultra Defense SPF 30/60 Spray
- Sport Performance SPF 30/60 Spray
- Sunscreen Oil Spray SPF 15

The company, Energizer Personal Care, says the spray valves deliver more sunscreen than normal, which may remain wet and potentially flammable longer.

THE CANADIAN PRESS

Que. contracts got Canadian tax dollars: Review

Nationwide. Analysis shows taxpayers across Canada funded projects cited for corruption in Quebec

Taxpayers across the country had their money spent on Quebec construction projects identified at a corruption inquiry as suffering cost overruns through collusion schemes, a review of contracts by The Canadian Press has revealed.

A search through public contracts tabled at the province's corruption inquiry has revealed numerous cases where federal money went to projects whose price tag was, according to witness testimony, inflated by scams.

The 91 contracts reviewed had been tabled at the inquiry in recent weeks as a pair of witnesses — a disgraced construction boss and a Montreal city official — walked the commissioners through their role in the bid-rigging process.

A subsequent scan through those contracts has shown that at least 15 received federal funding, with the federal contribution in each case ranging from under $200,000 to more than $700,000.

The inquiry is still underway, but it has already prompted the resignation of the mayors of Montreal and the big suburb next door, Laval. THE CANADIAN PRESS

Unproven

The allegations made inside the inquiry have not been proven in a court of law and could be subject to contradictions in the remaining months of testimony.

Former construction boss Lino Zambito testifies before the Charbonneau inquiry probing corruption and collusion in Quebec's construction industry on Oct. 1 in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Support. Opposition sides with military ombudsman over access to records

The federal Opposition has accused the Harper government of obstructing the work of the military ombudsman following reports Pierre Daigle was stonewalled in his request to view cabinet documents during several recent investigations.

NDP critic Matthew Kellway says Daigle is one of a growing list of watchdogs who are being prevented from doing their jobs.

The military ombudsman says he believes his mandate allows him to look at secret cabinet documents, as long as he doesn't report on their contents.

However, he was blocked when his staff asked for documents related to the inability of National Defence to deliver on a promise to increase dismemberment coverage for part-time soldiers.

THE CANADIAN PRESS

On the defence

- **No hindrance.** Defence Minister Peter MacKay flatly denied the ombudsman is being hindered and told the House of Commons that the department has an open and productive relationship with Daigle.
- **Similar fight.** Former veterans ombudsman Pat Stogran ran into a similar fight with the Conservatives and obtained a legal opinion that said his mandate allowed him to look at secret documents, as long as they were used for context only.
- **Work continues.** MacKay says the government will continue to work with the ombudsman within the scope of his mandate and the law.

Race gets bigger

Vancouver MP to run in Liberal leadership race

Vancouver MP Joyce Murray is joining the federal Liberal leadership contest with a daring call for co-operation with other progressive parties in the next election to ensure defeat of Stephen Harper's Conservatives.

Murray says she believes Liberals, New Democrats and Greens should have the option of conducting run-off nominations to choose a single candidate in tightly-contested ridings where a united progressive front would guarantee defeat of the ruling Tories.

She is the first contender to broach the controversial idea, which is consistent with her broader pitch that she is a collaborative politician.

THE CANADIAN PRESS

Court battle

Quebec mayor fights to save Catholic heritage

A Quebec municipality was in court fighting to keep prayers at city council meetings and it kicked off its case Monday by citing the preamble to the Constitution. Saguenay's colourful mayor, Jean Tremblay, says he's fighting to preserve the province's Roman Catholic heritage.

Tremblay launched a fundraising drive to fight the court case, which started after a complaint from a local resident.

The Quebec human rights tribunal had ordered the prayers be stopped, the crucifix in the city council chamber be removed and that damages be paid to the citizen who complained.

THE CANADIAN PRESS

Carla Bruni supports gay marriage, adoption plan

France's former first lady. Bruni echoes majority French opinion on gay rights

Carla Bruni
FRANCOIS DURAND/GETTY IMAGES FILE

France's former first lady Carla Bruni says she disagrees with her conservative husband Nicolas Sarkozy and supports a plan to allow gay marriage and adoption.

In an interview with the French edition of Vogue for its December issue, the 44-year-old singer and supermodel said: "I'm rather in favour because I have a lot of friends — men and women — who are in this situation and I see nothing unstable or perverse in families with gay parents."

France's Socialists are pushing a bill that could see gay marriage legalized early next year. Though surveys have found that the majority of French people favour gay marriage, there has been a vocal backlash from religious leaders, voters in rural areas and ex-President Sarkozy's own UMP party.

THE ASSOCIATED PRESS

Christmas in Poland

Workers assemble and decorate a giant Christmas Tree in front of the Royal Castle in fine weather for this time of the year in Warsaw, Poland, on Monday. Christmas is eagerly celebrated in the predominantly Catholic Poland. CZAREK SOKOLOWSK/THE ASSOCIATED PRESS

Death row

Judge rejects inmate's request to delay execution on obesity grounds

A condemned killer trying to delay his execution because of his extreme weight hasn't raised enough new issues to warrant the legal challenge, a federal judge ruled Monday.

Death row inmate Ronald Post, who weighs more than 180 kilograms, is asking the courts to stop his January execution on the grounds his weight could cause him to suffer severe pain during the procedure.

Post is prohibited from challenging his execution by injection because he raised similar claims in his first set of federal appeals in 1997, Judge Lesley Wells said Monday. In general, death row inmates are only allowed one federal appeal when alleging the same set of facts.

THE ASSOCIATED PRESS

Extreme eating

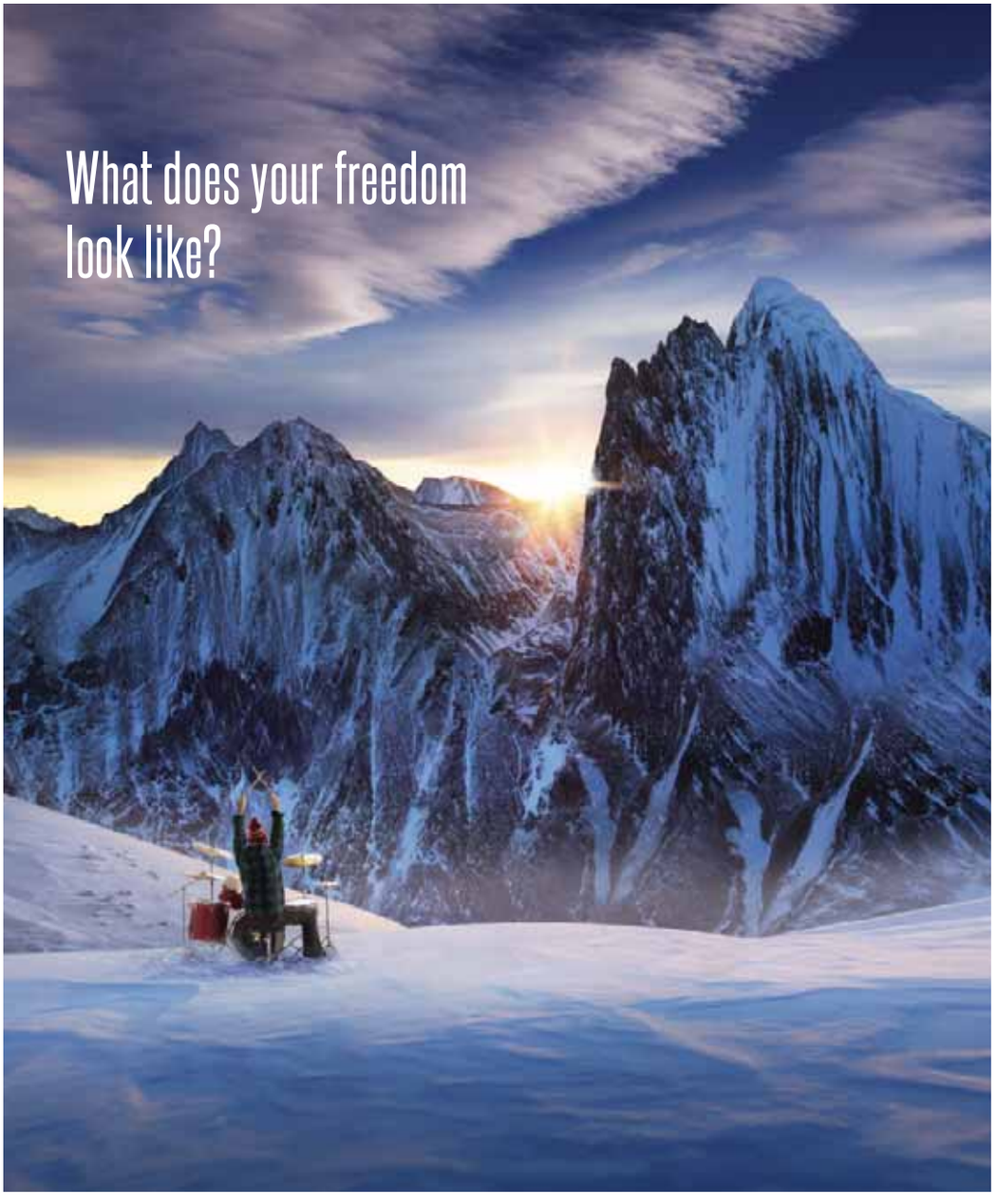
Roach body parts caused contestant to choke to death: Medical report

A Florida man choked to death after downing dozens of live roaches to win a contest earlier this year in which the grand prize was a python, according to an autopsy released Monday.

Edward Archbold, 32, of West Palm Beach died as a result of "asphyxia due to choking and aspiration of gastric contents," according to the report released by the Broward County medical examiner's office. It said his airway was obstructed by the roach body parts, which caused him to not be able to breathe.

"It's hard to even think about it," said Kim Crawford, co-owner of Busch Canvas & Interiors, where Archbold worked for four years.

THE ASSOCIATED PRESS



‘Left wing wants me out’: Ford

Conflict-of-interest case. T.O. mayor plans to appeal decision, vows to run again

JESSICA SMITH
Metro in Toronto

Stubbornly believing he wasn’t breaking the law on conflict of interest despite never having read it wasn’t a good enough defence for Toronto Mayor Rob Ford, a judge ruled Monday.

Justice Charles Hackland found that Ford broke the Municipal Conflict of Interest Act in a council vote last February and ordered his seat vacated in 14 days.

“Outright ignorance of the law will not suffice, nor will wilful blindness as to one’s obligations,” wrote the judge.

One of Ford’s key defences in the legal challenge brought by Toronto resident Paul Madger was that if he did in fact break the conflict-of-interest law, he did it honestly, in an error of judgment, which is a valid defence under the act.

On the stand in September, Ford testified he knew all about conflict of interest despite never having read the act, because his father had been an MPP. The judge found that insufficient.

In brief remarks to reporters at city hall, Ford said he will appeal the ruling and would “fight tooth and nail” to hold on to his job. If that fails, he will run for re-election.

“I’m going to fight for the taxpayers like I always have,” he said. He blamed the outcome on the left wing. “This comes down to left-wing politics,” he said. “The left wing wants me out of here.”

Lawyer Clayton Ruby, who represented Madger, said Ford has no one to blame but himself. “While we’re pleased to have won this case, we are also saddened by it. It is tragic that the mayor of a great city should bring himself to this,” said Ruby. “Rob Ford did this to Rob Ford.... It could have been avoided if Rob Ford had used a bit of common sense.”

Ruby said Ford should never have taken money from lobbyists for his football fund to begin with. But it was the mayor’s decision months later to take part in a council vote concerning whether or not he should have to pay it back that landed him in trouble.

Toronto Mayor Rob Ford, left, speaks to the media at city hall in Toronto on Monday. Ford has been ordered out of office after a judge ruled Monday he broke conflict-of-interest rules. NATHAN DENETTE/THE CANADIAN PRESS

Seeking clarification

Both sides confused over ruling

Justice Charles Hackland could have barred Toronto’s Mayor Rob Ford from running again for seven years, but instead opted to disqualify him for the “current term.”

It was not immediately clear whether that meant Ford’s term ended with his ouster, meaning he would be free to run in a possible byelection.

Lawyer John Mascarin, a municipal law expert, called the ruling ambiguous, but said he believed Hackland “clearly” meant to bar Ford from running until the current council term is over in 2014.

Both parties could write the judge to seek clarification, said Mascarin, who called the ruling “unprecedented.”

THE CANADIAN PRESS

$0 smartphones[1], PLUS up to a $100 bonus gift[2].
On select smartphones.
Get it before it’s gone!
BlackBerry® Curve™ 9320
Samsung Galaxy S II™ X
Hurry! Offer ends December 31, 2012.
koodo™
Good call
BEST BUY FUTURE SHOP LONDON DRUGS THE MOBILE SHOP Walmart
koodo shop
Calgary: Chinook Centre, CrossIron Mills, Market Mall, Marlborough Mall, Southcentre Mall, Sunridge Mall, Westbrook Mall
Red Deer: Bower Place
Southern Alberta: Medicine Hat Mall, Park Place Shopping Centre
(1) Price with the Tab. Subject to approved credit. (2) Bonus gift will vary by store location and value of phone. See store for full details. Bonus gift available with new activations only. While quantities last.

6 mayoral mishaps

STEVE COLLINS
For Metro

Toronto Mayor Rob Ford, ordered out of office for violating conflict-of-interest rules, is only the latest in a chain of mayors to get tripped up by legal trouble.

THE CANADIAN PRESS

Joe Fontana (London, Ont.), a former Liberal cabinet minister, faces charges of fraud under $5,000, breach of trust by a public official and uttering a forged document. He's accused of misusing federal funds to book a hall for his son's 2005 wedding. Fontana says he's not guilty and won't resign.

THE CANADIAN PRESS

Gérald Tremblay (Montreal) resigned Nov. 5 in the midst of revelations at the Charbonneau Commission into corruption in Quebec, and about six months after the arrests of his ex-chief of staff and the former chair of his executive committee. Tremblay has not been charged and denies knowledge of any wrongdoing.

THE CANADIAN PRESS

Gilles Vaillancourt (Laval) resigned Nov. 9 after 23 years as mayor. He was accused by a witness at the Charbonneau inquiry of accepting kickbacks from construction firms. He hasn't been charged, but police have executed search warrants on his home, condo, offices and safety deposit boxes.

THE CANADIAN PRESS

Larry O'Brien (Ottawa) had to take time off work for his 2009 criminal trial on charges of attempted bribery and purported influence peddling. He was alleged to have offered rival mayoral candidate Terry Kilrea a job with the National Parole Board to convince him to drop out of the campaign. O'Brien beat the rap, but lost the 2010 election.

TORSTAR NEWS SERVICE

Linda Jackson (Vaughan, Ont.) ran for re-election in 2010 while still facing 68 charges under the Municipal Elections Act relating to expenses from her last campaign. She lost the election in a landslide to former Liberal cabinet minister Maurizio Bevilacqua, but finally had the last of the charges thrown out last year.

METRO

Sam Katz (Winnipeg) faces conflict-of-interest allegations in a lawsuit from Joe Chan, owner of Cathay House restaurant, alleging he improperly spent $2,915 on a 2010 city function at Hu's Asian Bistro, a competing restaurant the mayor happened to own at the time. The case goes to court April 2.

Grey Cup wager

Calgary mayor to honour bet

Calgary Mayor Naheed Nenshi.
THE CANADIAN PRESS

Calgary Mayor Naheed Nenshi says he'll honour a Grey Cup wager even though his Toronto counterpart has been ordered out of office.

A judge ruled Monday that Toronto Mayor Rob Ford violated the city's conflict-of-interest rules.

But Nenshi says "a bet is a bet is a bet," so he plans to wear an Argos jersey at a city council meeting Tuesday. He will also donate about $650 to the Toronto Food Bank.

Nenshi says he didn't want to act too quickly because he wants the Stampeders to know he's still their No. 1 fan.

Toronto beat Calgary 35-22 in Sunday's game.

THE ASSOCIATED PRESS

CHEVROLET
BOXING DAYS
0%‡ FINANCING FOR UP TO 84 MONTHS ON SELECT MODELS
2012 CRUZE LS AIR & AUTO
ON SELECT 2012 MODELS
OWN IT FOR $98 AT 0% PURCHASE FINANCING FOR 84 MONTHS‡
BI-WEEKLY WITH $1,999 DOWN
BASED ON A PURCHASE PRICE OF $19,745.*
OFFER INCLUDES FREIGHT & PDI,
PLUS $750 FINANCE CASH◆
• FASTEST GROWING NAMEPLATE IN CANADA*^
• 2012 CONSUMER'S DIGEST BEST BUY AWARD+
• BEST-IN-CLASS HIGHWAY FUEL EFFICIENCY**
50 MPG HIGHWAY
5.6 L/100 KM HWY | 9.2 L/100 KM CITY▼
TOP SAFETY PICK 2012 ^
CONSUMER'S DIGEST BEST BUY +
LTZ MODEL SHOWN
GM CANADA
THE BEST COVERAGE IN CANADA
5 YEARS / 160,000 KM
• POWERTRAIN LIMITED WARRANTY
• ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION
WHICHEVER COMES FIRST. EXCLUDES MEDIUM-DUTY TRUCK. SEE DEALER FOR LIMITED WARRANTY DETAILS.▲
ALBERTACHEVROLET.COM
SCAN HERE TO FIND YOURS

ON NOW AT YOUR ALBERTA CHEVROLET DEALERS. AlbertaChevrolet.com 1-800-GM-DRIVE. Chevrolet is a brand of General Motors of Canada. ‡/††/*Offers apply to the purchase of a 2012 Cruze LS Air & Auto (R7D) equipped as described. Freight included ($1,495). License, insurance, registration, PPSA, administration fees and taxes not included. Dealers are free to set individual prices. Offer available to retail customers in Canada. See Dealer for details. Limited time offers which may not be combined with other offers, and are subject to change without notice. Offers apply to qualified retail customers in Alberta Chevrolet Dealer Marketing Association area only. Dealer order or trade may be required. GMCL, Ally Credit, TD Auto Financing Services or Scotiabank may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See Chevrolet dealer for details. ▼ Based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ‡ 0% purchase financing offered on approved credit by Ally Credit/TD Auto Financing/Scotiabank for 84 months on new or demo Model Year 2012 Chevrolet vehicles as equipped by dealer. Monthly payment is $11.75 per $1,000 borrowed. Example: $10,000 at 0% APR. The monthly payment is $119.05 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Offer is unconditionally interest-free. Freight ($1,495) included. License, insurance, registration, PPSA, applicable taxes and fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL/Ally Credit/TD Auto Financing/Scotiabank may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ◆ $750 manufacturer to dealer delivery finance cash available on the 2012 Cruze LS Air & Auto (tax exclusive) for retail customers only. Other cash credits available on most models. See your GM dealer for details. + ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ^For more information visit iihs.org/ratings. *^. Based on retail registrations in the 12 months following launch. **2012 Cruze Eco equipped with 6-speed manual transmission. Based on Natural Resources Canada's 2012 Fuel Consumption Guide for the Midsize Car class. Excludes hybrid and diesel models. Your actual fuel consumption may vary.

Deadly blaze rips through workshop for the disabled

14 dead, 8 injured. German Chancellor Angela Merkel 'shocked' by one of the country's deadliest fires

In this image taken from video, firefighters try to extinguish flames in a workshop for disabled people in Titisee-Neustadt, southwestern Germany, Monday. Firefighters said the fire has killed 14 and injured eight others. DAPD/KAMERA24.TV/THE ASSOCIATED PRESS

Fourteen people were killed and eight injured Monday when a fire broke out at a workshop for disabled people in Germany's Black Forest region, authorities said. Scores had to be rescued from the building as it quickly filled with smoke.

More than 100 firefighters were deployed to battle the blaze, which began at the complex in Titisee-Neustadt early in the afternoon, said Markus Straub, a spokesman for local firefighters.

Ambulances raced to the scene as smoke poured from the windows of the modern, three-storey centre in one of the country's deadliest blazes in recent memory. German Chancellor Angela Merkel is "shocked" about the loss of so many lives, her spokesman said on Twitter.

The cause of the fire was not immediately known, police and firefighters said.

The centre usually has around 120 people at any one time, said Mirko Steffl, a police spokesman in the nearby city of Freiburg.

It was not immediately clear how many people had to be rescued, but by late afternoon workers had determined that no one else remained trapped in the building, he said.

The centre employs people with mental or physical disabilities in a variety of jobs, including metalwork, woodwork and electrical installation, and it is run by the Catholic Church's Caritas organization.

THE ASSOCIATED PRESS

Taliban

Prominent Pakistani survives assassination attempt

Police on Monday found and defused a bomb planted under the car of a prominent Pakistani TV anchor threatened by the Taliban for his coverage of a schoolgirl shot by the militants, police said.

THE ASSOCIATED PRESS

Presumed dead

Search ends for boy swept to sea as parents die in attempt to rescue family dog

The U.S. Coast Guard ended a search Monday for a teenager whose parents were killed after they plunged into the cold, powerful surf in Northern California in a nightmarish chain of events that started when their son tried to save the family dog from drowning.

THE ASSOCIATED PRESS

MOUNT ROYAL UNIVERSITY 1910
CONTINUING EDUCATION

Reveal a new you

Invest in your career by taking Mount Royal University's **Business Analysis** (classroom or online) and **Business Process Management Extension Certificate** programs.

For more Program Information or to Register in a class
Information: 403.440.5069 **E-mail:** cebusiness@mtroyal.ca
Registration: 403.440.3833

Attend our Free Information Night on November 28, 2012, 6 p.m.

conted.mtroyal.ca/businessanalysis

PARENTS AND STUDENTS JOIN US FOR FREE
ENERGY INFO SESSIONS

CHEMICAL LABORATORY TECHNOLOGY

Want a career that's sure to get a positive reaction? In the Chemical Laboratory Technology program you'll learn the fundamentals in chemistry, get hands-on experience performing experiments and analyzing samples in laboratories, and you can participate in a 12-month paid work placement program. As a Chemical Laboratory Technologist you'll work in a wide range of industrial and research settings.

Join us on Tuesday, November 27 at 7:00 pm in Room CA326 in the Aldred Centre.
Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

ENVIRONMENTAL TECHNOLOGY

Want a career that really makes a difference? Environmental Technology combines a laboratory orientation with a broad theoretical background to provide you with the skills you'll need to work in the lab or in the field. As an Environmental Technologist you'll work in the protection, conservation and preservation of our natural environment. Many of our graduates go on to complete a bachelor degree at Royal Roads University.

Join us on Tuesday, November 27 at 7:00 pm in Room CA324 in the Aldred Centre.
Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

MACPHAIL SCHOOL OF ENERGY
FURTHER YOUR PASSION
SAIT POLYTECHNIC

FUTURE SHOP® MD exciting stuff

Amazing Chatr deals worth talking about!

Get $80 bonus credit when you sign up for auto-pay.②

$80 bonus credit with autopay.②

why chat-r ?

- no term contracts
- no credit checks
- no tab contracts
- unlimited talk & text
- great indoor & outdoor coverage

$80 bonus credit with autopay.②

SAVE $80

79.99

NO CONTRACT

chat-r wireless no worries · talk happy

LG P505
- 3.2MP camera
- Android OS
- Wi-Fi capable

P505 WebID: 10175671

SAVE $40

59.99 Bundle

NO CONTRACT

chat-r wireless no worries · talk happy

Nokia C3
- 2.0 megapixel camera
- 2.4" display
- Wi-Fi ready
- MP3 player

C3BLUCHCLAM WebID: 10157643

Prices and product in effect Nov. 27 - Nov. 29, 2012. References to savings or sale prices are comparisons to Future Shop regular prices. Prices and payments are subject to applicable taxes before programming credits. **ADVERTISING POLICY:** Some products in this ad may be slightly different from illustrations. Not all products are available in all stores. Future Shop is committed to accurate pricing. Website prices, products, and promotions may differ from our retail store offerings. Future Shop reserves the right to correct errors. Special offers cannot be combined or applied to previous purchases. We reserve the right to limit quantities. Terms and conditions subject to change without notice.

② Customer receives $80 Bonus Credit ($10/month for 8 months) with Auto-Pay signup.

Beauty queen killed in shootout

Sinaloa, Mexico.
Authorities unsure if the 20-year-old took part in the gunfight between soldiers and drug traffickers

A 20-year-old state beauty queen was killed during a running gun battle between soldiers and the gang of drug traffickers she was travelling with in northern Mexico, the chief prosecutor of the state of Sinaloa said Monday.

The body of Maria Susana Flores Gamez was found lying near an assault rifle on a rural road in a mountainous area of the drug-plagued state. It was unclear if she had used the weapon.

"She was with the gang of criminals, but we cannot say whether she participated in the shootout," state prosecutor Marco Antonio Higuera said.

The doe-eyed, slender brunette was voted the 2012 Woman of Sinaloa in a beauty pageant in February.

Higuera said Flores Gamez was travelling in one of the vehicles that engaged soldiers in an hours-long chase and running gun battle on Saturday. Higuera said two other members of the drug gang were killed and four were detained.

The shootout began when the gunmen opened fire on a Mexican army patrol. Soldiers gave chase and cornered the gang at a safe house near the town of Mocorito. They escaped, and the gun battle continued along a nearby roadway, where the gang's vehicles were eventually stopped.

Higuera said Flores Gamez has been turned over to relatives for burial.

"This is a sad situation," Higuera told a local radio station. She had been enrolled in media courses at a local university and had been modelling and in pageants since at least 2009. THE ASSOCIATED PRESS

Maria Susana Flores Gamez in April 2012. GLADYS SERRANO/THE ASSOCIATED PRESS

Detroit. Charges upped to murder in deaths of four suspected escorts

Prosecutors on Monday charged a man arrested in May with first-degree murder in the killing of four suspected escorts whose bodies were found stuffed in the trunk of abandoned cars in Detroit last year.

James Brown, 24, has been in custody since his spring arrest on lesser charges, and prosecutors have since been building their murder case against him. The victims, travelling in pairs, visited his home before their bodies were discovered last December in Detroit, police Det. Mary Whiting told a judge.

Brown said little in court and allowed his attorney to plead not guilty on his behalf.

Renisha Landers, 23, was found dead in a car trunk Dec. 19 along with another slain woman, 24-year-old Demesha Hunt. Six days later, investigators found the bodies of two other women in their 20s, Natasha Curtis and Vernithea McCrary, stuffed in the trunk of a burning car. THE ASSOCIATED PRESS

$100,000

Reward helps FBI capture one of Ten Most Wanted

The FBI says a $100,000 reward helped lead to the capture of a fugitive on its Ten Most Wanted list.

Jose Luis Saenz, charged with kidnapping, rape and four murders, was arrested in Guadalajara, Mexico, on Thursday. THE ASSOCIATED PRESS

Pennsylvania

Eleven puppies found dead, skinned in park

Animal-welfare workers say 11 puppies were found dead and skinned near a U.S. park.

The Lehigh County Humane Society says the dogs were found Friday outside Allentown, Pa. THE ASSOCIATED PRESS

'TWAS the NIGHT

'TIS THE SEASON
TO SHOP, GIVE BACK AND BE MERRY!

Calgary's biggest after hours holiday shopping event.
Wednesday, November 28
6:30 - 10:00 pm
Tickets $15

All proceeds go to United Way's BeCause and the National Music Centre project.

- Exclusive retail offers
- Celebrity appearances
- Alberta Ballet performance
- Free parking

CORE
TD SQUARE ○ HOLT RENFREW
CORESHOPPING.CA

because

Domestic abuse. New legislation would help victims escape leases

People in Nova Scotia who have filed domestic-violence complaints would be able to get out of their residential leases early without penalty under proposed legislative changes introduced Monday.

Service Nova Scotia Minister John MacDonell said the changes to the Residential Tenancies Act would allow people who say they've been abused to get out of fixed-term or year-to-year leases with one month's notice.

John Joyce-Robinson, a director of victims services at the Justice Department, said the changes are modelled on similar legislation in Manitoba.

He said that legislation helped six to eight people in Manitoba the first year it was enacted.

The change was recommended in a 2009 government report on domestic violence. THE CANADIAN PRESS

Removing obstacles

"It allows them to move out of an abusive situation, for their health and their family's health."
Service Nova Scotia Minister John MacDonell

A nation cries out in pain

Shot last week, Promess Bitibo, 12, grimaces as he is dressed in Goma, Congo, on Monday. Rebels believed to be backed by Rwanda and Uganda held their positions in the key Congolese city they seized last week, letting a withdrawal deadline expire early Tuesday. JEROME DELAY/THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.62¢ (-0.19¢)

TSX
12,185.05 (-28.19)

OIL
$87.74 US (-54¢)

GOLD
$1,749.60 US (-$1.80)

Natural gas: $3.74 US (-16¢)
Dow Jones: 12,967.37 (-42.31)

Personal finance

Ottawa increases limit on tax-free savings accounts

Ottawa says Canadians will be able to be able to contribute an additional $500 a year on their Tax Free Savings Accounts starting Jan. 1. That means Canadians can put in $5,500 a year, with any investment income earned not subject to taxation while it remains in the TFSA. The increase will be the first adjustment in the contribution limit since TFSAs were created in 2009. THE CANADIAN PRESS

Carney to helm Bank of England

Crossing the pond.
Canada's central banker is 'going to where the challenges are greatest'

Bank of Canada governor Mark Carney addresses a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England. FRED CHARTRAND/THE CANADIAN PRESS

Mark Carney is leaving the Bank of Canada for one of the most storied financial positions in the world — to take over the Bank of England at a pivotal time in its 318-year history.

The announcement shocked observers on both sides of the pond, particularly as Carney had previously played down reports he was being considered, as he also played down rumours about joining the International Monetary Fund and the Liberal party.

But the Bank of England rumours turned out to have substance, although Carney on Monday said he had not formally applied for the job and only made the decision in the last two weeks. He insisted he was not leaving Canada in the lurch for the big job, however.

"We have a system that works very well. It's been tested under the biggest economic and financial shock we'll ever see in our lifetime and it has passed that test," he told reporters. "I'm going to where the challenges are greatest because I'm confident that the strengths are as deep and as broad as they are here in Canada. I could not do it any other way."

Finance Minister Jim Flaherty called Carney his "friend" and admitted the news was "bittersweet."

"It is our loss, of course it is. Mark has been a superb governor of the Bank of Canada for more than five years, so his loss will be felt."

THE CANADIAN PRESS

New York City

Accused in insider-trading case gets $5M bail

A former hedge-fund portfolio manager accused of passing along information in one of the largest insider-trading fraud cases in history appeared in a Manhattan court for the first time Monday and was released on $5 million US bail, though his movements were restricted.

Mathew Martoma, 38, must post $2 million US in cash or property by next week to satisfy the new bail requirements, which will limit his travel.

Martoma was arrested last week on charges that between 2006 and 2008, he helped to engineer one of the largest insider trading frauds in history. Martoma worked with CR Intrinsic Investors, an affiliate of SAC Capital Advisors. SAC is owned by Steven A. Cohen, one of the world's richest men. THE ASSOCIATED PRESS

Language Training
Cross Cultural Training
Berlitz Kids and Berlitz Jr.

Berlitz
A Global Education Company
(403) 265-3850
www.berlitz.ca

GOOD NEWS TODAY
Do you feel overwhelmed by life? Trust God. There is a rest and peace that comes from trusting God.
(The Lord is my shepherd, and lets me rest in green meadows; He leads me beside peaceful streams. Psalm 23:2)
GOODNEWSTODAY.CA

PILSNER OR PORTER?
Ask the experts at Calgary's favourite liquor store.

Finding the perfect pairing is effortless at Co-op Wine Spirits Beer.

Our in-house sommeliers have the creativity and expertise you need for all your entertaining and gift-giving ideas.

CO-OP
WINE SPIRITS BEER

WHEN DID I START WORRYING ABOUT MOM AND DAD?

SHE SAYS...
Jessica Napier
metronews.ca

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheque and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

Shouldn't you be eating more green vegetables, Mom and Dad? Maybe cut back on the drinking and give up that occasional-cigarette habit? Perhaps you should start incorporating some more exercise into your daily routine and try to be a bit more careful with your finances.

My parents aren't elderly by any means, but they weren't exactly teenagers when they had me. It's probably not necessary, but I find myself fretting more about their ability to take care of themselves. I feel compelled to check in on them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly protective worriers. After all, a few small changes now could result in a few more years together, and I want Mom and Dad to be around as long as possible.

Follow Jessica Napier on Twitter @MetroSheSays

After so many years of them looking after us the roles reverse and we are suddenly wrapped up in our parents' well-being. MH.XBHD.ORG/FLICKR

The Queen's very hairy encounter

DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. METRO

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. METRO

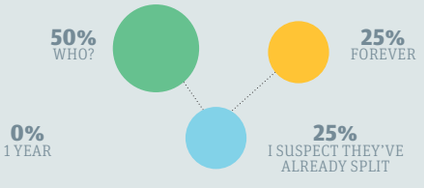
The barracks history

- Founded in 1804, the barracks comprise more than 20 acres and are located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How long will Bachelor Canada's Brad Smith and Bianka Kamber last?



Twitter

@JohannesLanger: Dear Toronto, I hear you need a mayor ... NO YOU CAN'T HAVE @nenshi! EVER! Love #yyc #BackOff-GetYourOwnNenshi

@harry_historian: Nov. 26, 1912 in #yyc: YYC heads to polls for bridge bylaw. Voters approve new Centre St., Hillhurst, Mission bridges by 1,431 – 509. #yycvote

@jonnyfour: What's going on @AirCanada flight 214 #yvr to #yyc? Delayed, oversold, now kicking people off? Haven't been to a circus like this in years!

@SaveGlenmore: Conservation of the sacred offering sites + plant species in glenmore is a concern for all Treaty 7 #yyc

@bonnaventure: Weird voting fact: If someone tries to prevent you from voting, you have the right to tell them to stop and vote anyway. #yyc #byelection

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

DVD review

Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL

The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere. But after The Hobbit: An Unexpected Journey hits theatres, there's more work to be done.

Weta Digital is the centrepiece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for making major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however, while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes props and costumes.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

THE ASSOCIATED PRESS

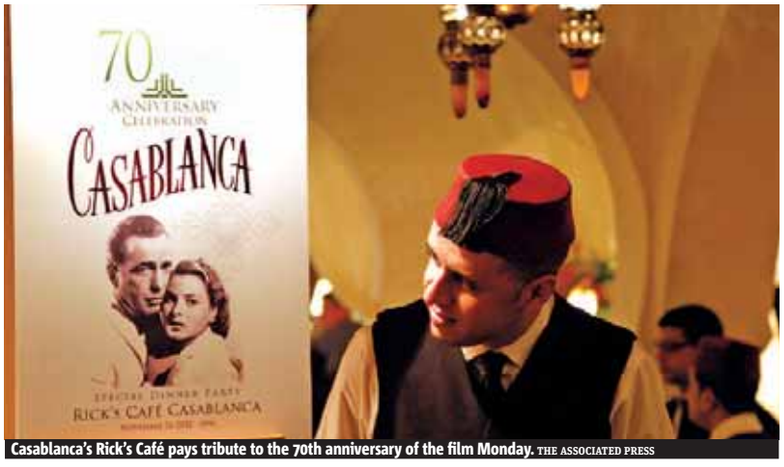
Big business

The New Zealand government calculates that feature films contribute $560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about $100 million toward the $500 million production costs of The Hobbit trilogy.

Give & Go
Give a movie and Go to the movies.
ARTHUR CHRISTMAS
CINEPLEX STORE
Free shipping until December 16
FREE ADMISSION
Get a free movie ticket when you purchase select titles at the Cineplex Store.*
Shop online at CINEPLEXSTORE.COM

Seventy years later, Casablanca still evokes images of a pining Bogart

Play it again. For North Americans, Moroccan city is still known best for its association with iconic film



Casablanca's Rick's Café pays tribute to the 70th anniversary of the film Monday. THE ASSOCIATED PRESS

Seven decades after the premiere of the film classic Casablanca, the Moroccan port city remains firmly associated in many people's minds with the movie, even though Rick's Café Americain, where much of the story took place, was a pure creation of Hollywood.

Casablanca, a story of love and intrigue during the Second World War, premiered Nov. 26, 1942. Today, the city is a vibrant, noisy metropolis of four million people and Morocco's commercial capital, nothing like the wartime colonial outpost depicted in the iconic movie, which starred Humphrey Bogart as Rick.

But a trip through the city's swanky lounges and dive bars can still evoke the spirit of the cafe from the movie. There's even a real-life Rick's Café here, founded by an American expat.

In the film, Rick's Café Americain, an expansive space spanned by low arches, had it all — a casino, singers, full brass band and round tables where guests hunched conspiratorially, drinking and talking about resisting the Nazis or getting exit visas to flee to America.

Outside the café's panelled doors, the movie depicted Hollywood's "Middle East" with generic dusty streets and markets. Characters talked about "rotting" away in Casablanca, described as being in the middle of a desert. In fact, Casablanca in 1942 was a jewel of the French colonial empire, famous for luscious art-deco and neo-classic architecture.

Quoted

"I was amazed in my four years here that no one ever thought of establishing a Rick's Café"

Kathy Kriger, Rick's Café owner

"During the 1940s, Casablanca was a laboratory for European architects," said Adel Saadani, who works to raise awareness of the city's neglected heritage.

"There was space and there was money and there was a carte blanche for architects to experiment."

For decades after the war, said Saadani, Casablanca was filled with jazz clubs and cabarets that hosted the likes of Dizzy Gillespie, Louis Armstrong and Josephine Baker. The movie's pianist, Sam, would have fit right in.

But the last jazz club closed in 1984 amid conservatism and a turn away from Western music. Downtown bars fell into disfavour. At the same time, rural migrants flooded in looking for jobs. Cheap, ugly, unregulated high rises sprung up as the city mushroomed.

Tourists passing through the city looking for Rick's in those years were often disappointed by traffic-choked streets and the glass and concrete tower blocs of a modern city. But in recent years, more nightspots have opened, including, in 2004, Rick's Café.

"I was amazed in my four years here that no one ever thought of establishing a Rick's Café," recalled its owner, Kathy Kriger.

Her elegant restaurant, in a 1930s townhouse on the edge of Casablanca's medina, is awash in nostalgia for the classic film. Kriger can be found most nights perched on the end of the long bar, while a piano player — named Issam, not Sam — plays the movie's theme song, As Time Goes By, repeatedly through the night to a packed house.

THE ASSOCIATED PRESS

Heart & Stroke calendar lottery

WIN
$3,000 EVERY DAY
$10,000 EVERY WEEK
$20,000 EVERY MONTH

The survey says...
It's important that Canadians appreciate giving over receiving because...

It's better to give then to get...makes you feel warm inside! – Rachael B.

Its just the Canadian way of doing things. – Tony D.

Metropolitan Panel

$25 EACH
3 FOR $70
6 FOR $125

Buy now 403-920-3645 Ext. 800
1-855-478-4382 Ext. 800
Order today at www.heartandstroke.ab.ca/calendar

EVERY CALENDAR SUPPORTS LIFE-GIVING HEART AND STROKE FOUNDATION RESEARCH.
HEART & STROKE FOUNDATION

Please visit www.heartandstroke.ab.ca/calendar or call 1-855-478-4382 for complete rules of play. Tickets may be sold and purchased only in Alberta. Ticket purchasers must be 18 years of age or older. Calendar Lottery Tickets are $25 each (81,347 Calendar Lottery Tickets available at this price), 3-packs for $70 each (40,051 3-packs for a total of 120,153 Calendar Lottery Tickets available at this price) or 6-packs for $125 each (32,250 6-packs for a total of 193,500 Calendar Lottery Tickets available at this price). The number of Calendar Lottery Tickets in each price category may change, however the total number of Calendar Lottery Tickets for sale, 395,000, will not. All draws will occur at Stride Management Corporation, 3950 - 12 Street NE, Calgary, Alberta T2E 8H9 on January 3rd, 2013. The Heart and Stroke Foundation of Alberta, NWT & Nunavut, Lottery Licence #: 330279. ™Heart&Stroke Calendar Lottery and Heart & Stroke Foundation are trademarks of the Heart and Stroke Foundation. © Bank of Canada – bank note images used and altered with permission

MÉTIS POST-SECONDARY FUNDING

Métis Training To Employment Services can provide support to Métis students entering:

» The final two semesters of a university degree, a college diploma or a technical institute program
» The first and second year of technical training in a Registered Apprenticeship Trade
» A certificate program of one year or less
» A college diploma or technical institute program for up to two years in length if the training results in an occupation designated as being in high demand
» The financial contribution for eligible clients may include tuition, mandatory books and supplies and income support

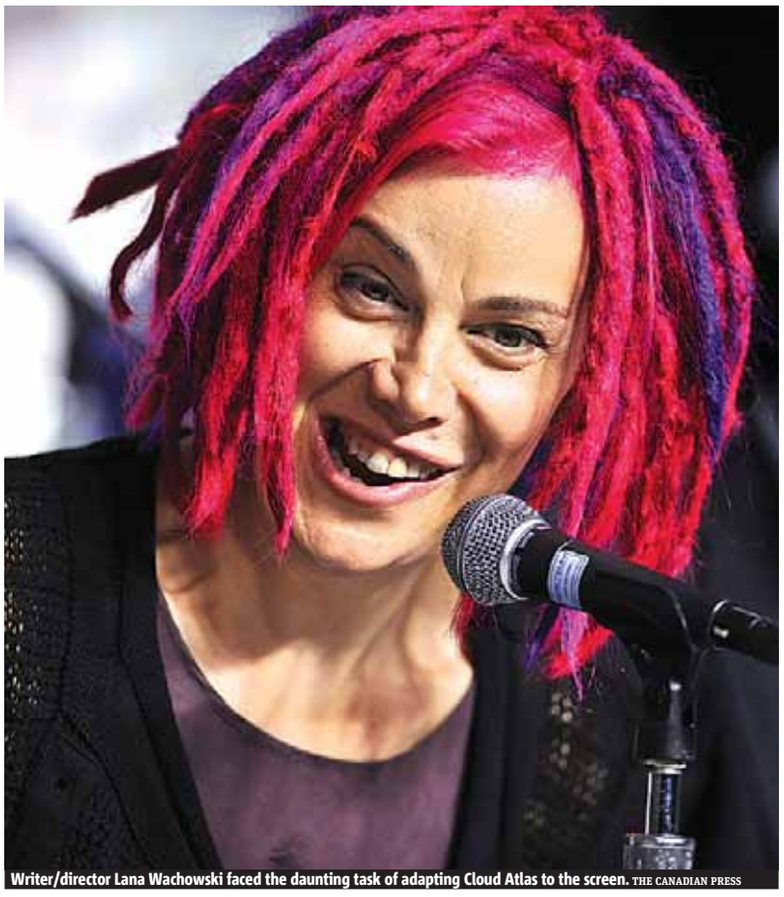
APPLICATION DEADLINE NOVEMBER 30TH

Métis Scholar Awards are also available to students at a number of post-secondary institutions across Alberta. Contact Métis Training To Employment Services, or your school for more information on awards at:

» Grant MacEwan University
» NorQuest College
» Portage College
» University of Alberta
» University of Lethbridge
» NAIT
» University of Calgary
» Mount Royal University
» Grande Prairie Regional College

For more information, contact:
Métis Training to Employment Services
1-888-48-MÉTIS (1-888-486-3847)
www.metisemployment.ca

Canada
Rupertsland Institute
Métis Centre of Excellence



Writer/director Lana Wachowski faced the daunting task of adapting Cloud Atlas to the screen. THE CANADIAN PRESS

'Unfilmable' books can make for great cinema

New era. Technology advances and daring filmmakers have pushed the envelope on thoughts of what belongs on-screen

It would appear that labelling a book unfilmable is a surefire way to get a filmmaker's attention. How else to explain the multitude of book-inspired features currently at the multiplex, a good number of them drawn from challenging literary works chock full of the very things popular cinema generally tries to avoid?

Rambling storylines, monumental themes, complex structures, detours into wild fantasy and innumerable characters are proving little impediment to the perennial search for the next big blockbuster.

Last week, Yann Martel's long-considered-unfilmable tale Life of Pi came to theatres as a 3-D spectacle, the painstaking work of Oscar-winning director Ang Lee. It follows the ambitious adaptations of David Mitchell's literary puzzle Cloud Atlas and Salman Rushdie's magical, historical tale Midnight's Children. And next month, theatres welcome a big screen take on J.R.R. Tolkien's fantasy-laden The Hobbit while January will see Jack Kerouac's meandering Beat Generation novel On the Road.

As film critic and curator Jesse Wente notes: "A book is only unfilmable until someone makes a movie of it."

Whether that adaptation is a good film or not is another question entirely. Reaction has been mixed to the cinematic incarnations of the two-hour-and-43-minute Cloud Atlas and the two-and-a-half-hour Midnight's Children — each elaborate ventures that faced challenges in wrestling their narratives into script form.

"Not all the ideas from the page are going to work on screen and not all the ideas of the screen flow to the page. I think it's the magic that occurs in the middle that makes it," says Wente. "Totally filmable books can end up as appalling movies and unfilmable books can win Oscars."

An explosion of digital movie-making tools has allowed for even more "unfilmable" books to hit the big screen, he adds.

"All sorts of what we now are calling populist cinema wasn't possible 20 years ago, or at least wasn't possible in the same way and with the same sort of vision," says Wente.

The computer generated imagery on display in Life of Pi certainly didn't exist when the book came out in 2001. It's a big reason its Saskatoon-based author says he had a hard time imagining how a film could be made from his Booker Prize-winning tale. Plus, so much of the story unfolds through reflection, with the hero Pi struggling with deep philosophical questions — hardly the stuff of box office smashes.

"Those are easy words to write on the page. But how would one bring them to life on the screen?" Martel writes in the forward to the behind-the-scenes book, The Making of Life of Pi. "The challenge seemed forbidding. Who would be crazy enough to try?"

THE CANADIAN PRESS

FOURTEEN-TIME GRAMMY® WINNER,
SINGER, SONGWRITER & PRODUCER
ALICIA KEYS
RETURNS WITH HER HIGHLY ANTICIPATED
FIFTH STUDIO ALBUM
GIRL ON FIRE

INCLUDES THE SINGLES
GIRL ON FIRE, NEW DAY
& NOT EVEN THE KING
IN STORES EVERYWHERE
NOVEMBER 27TH
www.aliciakeys.com

VISIT clubmetro.com TO ENTER
YOU COULD WIN
A WEEKEND IN NYC WITH
$500 SPENDING MONEY
No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com
Available on iTunes

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Charles ALL PHOTOS GETTY IMAGES

Charles in charge? Not anytime soon, it seems

Prince Charles, who recently celebrated his 64th birthday, may be growing tired of being the longest-waiting heir to the throne in British history, as his 86-year-old mother, the Queen, shows no sign of stepping down.

"Impatient? Me? What a thing to suggest! Yes, of course I am," Charles joked with reporters recently, according to the Telegraph. "I'll run out of time soon. I shall have snuffed it if I'm not careful."

The Word

Lohan wants more small screen action

THE WORD
Dorothy Robinson
scene@metronews.ca

I just play one on TV...

"Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

Source speaking to RadarOnline.com

If you didn't catch the masterpiece that was Sunday night's Liz and Dick on Lifetime, you missed out on the pop culture phenomenon of the month. Critics had a mighty fine time lambasting what was to be Lindsay Lohan's return to acting prominence. Instead, her performance seemed like it was best suited for community theatre, if community theatre were held in a prison.

But Lohan will not let a little thing like public ridicule get her down— RadarOnline.com is reporting that now that she's gotten a taste of TV, she wants her own sitcom.

"Lindsay has asked her manager and agent to look into getting her her own television sitcom," a source tells the website.

"Lindsay feels that the small screen would be a great way for her to revitalize her acting career and that a comedy would be the best bet. Lindsay feels most comfortable doing comedy and it was Charlie Sheen that told her she should do it. Charlie told Lindsay that it was an easy way to make very good money and help her to get her movie career back on track. Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

And honestly, judging from the attention Liz and Dick received, I'm sure Lifetime got some of the best ratings it has seen in years. So maybe it will be Lohan who will get the last laugh? (Ed note: Actually, no, scratch that ending. We'll all still be laughing about Liz and Dick for a long, long time.)

SHOP handmade from 250 of Canada's best!
Love the gifts you give
Festival of Crafts
Art & Craft Sale
Handmade by Knittles & Creations In Hardwood
26th
FESTIVAL OF CRAFTS Art & Craft Sale
NOV 29 - DEC 2
BMO Centre - Stampede Park
THURS & FRI 10-9:30, SAT 10-6, SUN 10-5
www.festivalofcrafts.ca
JOIN THE CONVERSATION
SIGNATURES
SHOWS
calgaryherald.com
COBS BREAD
Global CALGARY
Adults $7, Seniors (65+) $5, Youths (13-17) $5, Children (12 & under) Free

Chris Brown

Chris mess: Brown backs out of Twitter tussle

Chris Brown took on a Twitter critic — and lost. The temper-tantrum-prone singer deleted his official Twitter account over the weekend after a lengthy and expletive-filled back-and-forth with comedian and writer Jenny Johnson. Toward the end of the row, Johnson made reference to Brown's 2009 arrest for assaulting girlfriend Rihanna, writing, "I have zero respect for a person who seems unapologetic for the terrible crime he committed and shows no signs of changing," to which Brown responded, "Just ask Rihanna if she mad." Brown has been spending time with Rihanna in Europe recently, which would lead one to believe that she is not, in fact, mad.

Oh brother: Anne sees man in mirror post-haircut

After Anne Hathaway chopped off her long brunette locks for the film Les Miserables, she discovered an unexpected family resemblance.

"When I eventually looked in the mirror I just thought I looked like my gay brother," Hathaway told a preview screening audience in New York, according to the Hollywood Reporter.

Anne Hathaway

Twitter

@DitaVonTeese
After heat waves in LA, India & Bangkok, it feels nice to be in chilly London, reunited with my seamed stockings & long leather gloves

@Real_Liam_Payne
Okay bored of constant news articles... I'm not dating Leona ... My YouTube channel isn't for a solo career and I didn't insult Kim k...Pow!

@ParisHilton
How do you guys like my new Twitter profile pic and background?

@WhitneyCummings
Can you take an Ambien and a Lunesta? Please answer an hour ago.

Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

EMMA GODMERE
life@metronews.ca

By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, national clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Beaubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."

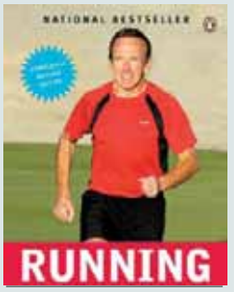
Start your training off on the right foot. ISTOCK PHOTOS

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.

Winter running tips



Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, Running: Complete Guide to Building Your Running Program.

1 **Adjust the intensity of your workout.**

2 **Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.**

3 **Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.**

4 **Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.**

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

Best Health

Caffeine: how much is too much?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we look beyond the headlines.

At press time on our December issue, on newsstands now, the U.S. Food and Drug Administration was reportedly investigating five deaths and one heart attack in the U.S. for their possible connection to consumption of an energy drink.

A 24-ounce can of the drink has 240 mg of caffeine, according to the company.

Energy drinks are not yet clearly labelled with nutritional information, including caffeine.

Last October, our federal government announced new measures to provide Canadians with more information about energy drinks, which up until that point were classified as Natural Health Products and were not required to put nutrition labels on their products.

Under the new measures — scheduled to be in effect by late 2013 — Health Canada also moved to limit the amount of caffeine in an energy drink to 180 mg in a single serving.

Caffeine is actually good for you, in moderation. But too much can be harmful. Health Canada says adult Canadians should consume no more than 400 mg of caffeine in a day — equal to about three small cups of coffee. Regular tea has about one-third of the caffeine that coffee does, and green tea has less than one-quarter. For more on caffeine, pick up the latest issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Using good omega-3s to help battle post-partum depression

Health concerns. New mothers are shown to have low levels of omega-3 for at least six weeks after they've had their child

CELIA MILNE
wellness@metronews.ca

Flaxseeds are a good source of omega-3s. ISTOCK PHOTOS

Are you getting enough omega-3s?

These "good fats" have long been known for their heart-healthy benefits. Now a Canadian study has found they may also help women avoid depression after giving birth.

Omega-3s are found in fish, walnuts, flaxseeds, flaxseed oil, cod liver oil and kiwis.

"We suggest that if pregnant women are unsure whether they consume enough food rich in omega-3 or if they are at risk of post-partum depression (a past personal or family history of depression are strong predictors), they should discuss these issues with their family doctor or obstetrician" says Dr. Jean Séguin, professor and research director in the department of psychiatry at the University of Montreal.

Post-partum depression affects between 10 per cent and 15 per cent of mothers. And the milder, post-partum blues can affect as many as 84 per cent. Omega-3 stores are transferred from mother to the developing fetus during pregnancy and later to her infant through breastfeeding.

A mom's omega-3 levels remain low for at least six weeks after the baby is born.

Compounding the problem, many Canadians are deficient in these essential fatty acids. Authors of the study say that a four-fold increase in fish consumption is necessary to bring average omega-3 intakes up to recommended standards.

Séguin suggests women consume at least 150 grams (five ounces) of cooked fish each week, as recommended in Canada's Food Guide.

The study was published recently in the Canadian Journal of Psychiatry.

Do you have psoriasis?

Psoriasis is a lifelong skin disease with no known cure. It usually appears as dry, red, scaly patches on the skin. It can make the skin itch, burn, flake or bleed.

Institute for Skin Advancement is conducting a research study of an investigational medication for psoriasis.

If you or someone you know is at least 18 years of age and suffers from psoriasis, please contact:

Institute for Skin Advancement at
(403) 284-4222 or
visit ResearchTrials.org

ResearchTrials.org

Butting out the myths surrounding cigarettes

Risk factors. People as young as 30 are seeing cardiac arrests after just a few years of puffing on their smokes

LINDA CLARKE
Metro World News

The effects of cigarettes can happen quicker than you think. ISTOCK PHOTOS

The myth that the effects of cigarette smoking take decades to cause organ damage is far from the truth.

"We often see acute plaque ruptures in people in their 30s who have no other risk factor," says Dr. Sameer Sayeed, a cardiologist with Columbia Doctors, the physicians and surgeons of Columbia University. "They even go into cardiac arrest. Sometimes we can resuscitate, sometimes we can't."

"From a cardiology perspective, we see the worst effects of smoking," he continues. "The toxins in cigarette smoke erode the artery walls and cause ruptures. If they survive, we can use stents. But if they don't stop smoking, those stents get blocked quickly."

Such is the addictive quality of nicotine that many smokers don't quit until their health has deteriorated to the point of permanent organ damage — and some continue even after surgery.

"Smokers who make it to their 50s and 60s, that's when we see all the heart's blood vessels damaged — and it's not fixable by stents," says Sayeed. "That's when we have to do bypass surgery. Some older smokers who get lung cancer that heals still don't stop smoking. They think, 'I beat it once, I can beat it again.'"

Many smokers often quote elderly relatives or neighbours in their 90s who smoked all their lives and evaded disease, but Sayeed says these people are rarities.

"Lung and heart disease doesn't happen to all," he says.

"Some people are resistant due to something in their genetics. They are lucky. But they are few."

Be alert to the signs of domestic abuse

Dilemma. Escaping a violent relationship isn't always easy as fear, children and necessity can leave some feeling trapped

MEREDITH ENGEL
Metro World News in New York

Don't stand by and let this happen to yourself or a friend. ISTOCK

It's a seemingly simple question, but the answer is fraught with complexities: If someone in a relationship is being abused, why doesn't that person just leave?

"There's a variety of reasons," says Maureen Curtis, associate vice president at Safe Horizon, a New York city victim assistance organization. "Probably first and foremost is fear. Most domestic violence is about power and control. If the person decides to leave, then (the abuser) loses control, so it places the victim more in danger."

Another reason is money. Without financial help from a partner, it can be difficult to support oneself and a family, Curtis says.

Victims of abuse can flee to domestic violence shelters, but that might not provide a permanent solution. From there, victims can apply for transitional housing or enter the homeless shelter system.

The victims who choose not to leave "learn how to manage their risks so that they're able to stay there, keep a roof over their heads and their children's heads," Curtis says.

"I remember one time this woman came into my office and she was really upset because her partner had been arrested. She told me that a year ago she was homeless, living in the streets with her three children, and this man took her and her children in. And while he was abusive, she said that it was worse living in the streets with her three children. She felt she could manage the times that he hit her. And it puts it into perspective. She's making a difficult decision."

Recognize the signs

"When you think of domestic violence, you think of that classic battered woman who is beaten, who's bruised, who wants to avail themselves of all the services and is ready to leave — and that's not the reality," Curtis says.

Keep an eye out for the following signs, which she says are all hallmarks of abuse.

Physical marks

"If you see bruises or cuts that seem explained in ways that don't seem legitimate, that's something you should look at."

Excessive jealousy

"It's one thing to be jealous, but it's another thing to be jealous to the point of (being) possessive. (Look for) controlling behavior, where that person wants to control everything that their partner does."

Isolation from friends, family

"They could have had the highest self-esteem and now they're so isolated," Curtis says. "And this is the one person that tells them that they love them."

You may think that an outsider's relationship is none of your business, but when it comes to matters of domestic violence, Curtis says you absolutely should get involved.

"I think that domestic violence is so pervasive because many people have the attitude that it's not my business," she says. "If this is somebody that's very close to me, I may talk to them about what I'm seeing. … (If) I'm not the type of person to approach you, then maybe I'm gonna do something behind the scenes. Maybe I don't know (my neighbour) so well but I hear yelling at night and it sounds threatening — maybe I'll call 911. You can do that anonymously. You can take steps that are direct and you can take steps that are indirect, and any one of these can be extremely helpful to that person."

But if your concerns get brushed off, which very well may happen, Curtis says you must accept that.

"You cannot force yourself on this person," she adds. "The best thing you can do is be supportive, because if that person thinks that you're judging, they're not gonna come back to you."

Bottling is bad: Talk it out, bro

Depression. Men should confide in each other to help ease pain

LINDA CLARKE
Metro World News in Boston

When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counsellors.

But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counsellor Ken Ross, a certified professional coach who leads men's groups, "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen."

This basic survival of the fittest wiring goes back to the cavemen. Appearing strong and problem-free meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel to the fire.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. There's a lot of stress derived from holding it in so much, and physical health suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is weakness, we have it backward. Vulnerability is human and it takes courage to be open and the more open you are, the more fully alive you are."

Fight depression with a chat. ISTOCK

Fork, spoon or both?

Delicious but messy to eat, so save it for the family table. ISTOCK

How to handle tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Firstly, French onion soup is not an item that should be served at a formal dinner because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup at formal restaurants in the '70s. A small pair of scissors would be served along with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties?

So back to the question. How do you eat French onion soup without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus. I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is truly an eat-at-home only menu item.

walden
CARDEL HOMES
CARDELHOMES.COM

Beef and Butternut Squash Stew goodness in 45 minutes

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Almost by definition, beef stew isn't a weeknight-friendly dish.

That's mostly because stew meat is tough and requires a long simmer to become tender.

But who has time for that at the end of a long day?

Enter this speedy beef stew that could be tossed together and on the table in 45 minutes.

The first step is replacing the meat. Stew meat is out. But tender sirloin tips work perfectly when you brown them first, then set them aside while the other ingredients cook. The meat is returned to the pot toward the end of cooking. The result is a perfect taste and texture.

Ingredients

- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

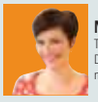
1. In saucepan over medium-high, heat oil. Add beef, in batches if needed to avoid crowding pan, and cook, turning, until browned on all sides but still rare at centre, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

2. Return saucepan to heat and add the squash and carrots. If pan is too dry to easily sauté vegetables, add a splash of olive oil. Sauté until squash begins to brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper. THE ASSOCIATED PRESS

Health Solutions

Get all beefy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

From a nutritional perspective, you can get what beef boasts elsewhere:

- Mussels have almost as much zinc and much more B12.
- Chicken thighs have about half the amount of iron.
- Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think about:

- Grass fed beef has a healthier fat profile.
- Grass fed lamb or bison is a great option.
- Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Five is the magic number in this Roast Beef

It's all about harmony and yin-yang. And while that sounds tritely New Age, it really is the key to Chinese cuisine.

Because, as with so much of Asian cooking, the blend of seasonings known as five-spice powder is intended to trigger a sense of balance in the mouth and nose.

How? A selection of spices that simultaneously hit notes of warm and cool, sweet and bitter, savoury and searing.

And that's what you get with five-spice powder, a mix of fennel seeds, cinnamon, cloves, star anise and Sichuan peppercorns.

Like spice blends around the world, the proportions of those ingredients vary by region, but some variant of it is used throughout China.

That robust profile of flavours makes it a natural for roasted meats.

Ingredients

- 2 tbsp olive oil
- 1 tbsp five-spice powder
- 1 tbsp kosher salt
- 1/2 tbsp black pepper
- Two 2-lb beef tenderloins
- 2 large yellow onions, chopped
- 2 large carrots, chopped
- 4 cloves garlic, chopped
- 2 cups beef stock
- 1 cup red wine
- 1 tbsp instant flour

1. In bowl, mix oil, five-spice powder, salt and pepper.

2. Use paper towels to pat dry tenderloins, then rub them all over with the spice blend. Set on a plate, cover loosely with plastic and refrigerate for at least 1 hour, or up to 2 days. An hour before roasting, remove tenderloins from refrigerator and let warm slightly at room temperature.

3. Heat the oven to 375 F.

4. Lightly coat a roasting pan with cooking spray. Scatter onions, carrots and garlic in pan, then set roasting rack above them. Set tenderloins on the rack and roast 40 minutes, or until beef reaches 120 F for rare. Remove rack from pan, cover the meat with foil, then set aside to rest for 10 minutes.

5. Meanwhile, set roasting pan over medium-high heat on stovetop (you may need to use two burners). Add stock and wine; bring to simmer, scraping bottom of pan. When liquid has reduced by about half, strain and discard solids. Return the pan and sprinkle in the flour. Heat until thickened.

6. Slice beef and serve with pan sauce.
THE ASSOCIATED PRESS

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

ABM COLLEGE
Health Care Aide
Medical Office Asst.
Massage Therapy
Business Admin
Accounting & Payroll
Business Admin
We offer accredited programs, Alberta Government approved
Flexible class schedules: Mornings, Afternoons, Evenings and Weekends
403.719.4300 | www.abmcollege.com
3516 26 Street NE, Calgary AB (Opp. Greenwood Inn)

PLAN FOR PERSONAL GOALS

WEIGH YOUR OPTIONS WHEN CONSIDERING CONTINUING STUDIES

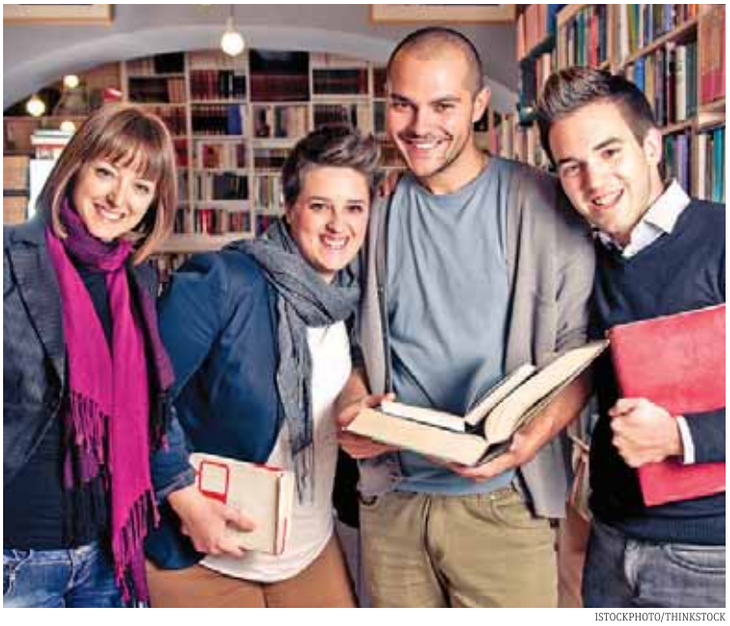
Signing up for continuing education usually creates a tough balancing act between school, work and family.

Heather McRae, associate dean of engaged learning at the University of Alberta, says post-secondary institutions are very aware that adult learners face these challenges.

"The first step in achieving balance is careful research and planning to figure out what options exists and which best align with your goals and your available resources," she says.

"From there, weigh your options, keeping in mind not to overextend yourself. It's no good for us and no good for you if you overtax your faculties and burn out. Consider a realistic schedule that will allow for some personal and social time."

Many schools offer online courses or blend classroom and online learning so people can work on their own time.



ISTOCKPHOTO/THINKSTOCK

"Other courses are offered on weekends and in the evening to accommodate busy schedules," McCrae says.

If you are studying for professional development, the class will likely be designed to focus on practical applications that allow you to develop solutions to real workplace issues, lessening the disconnection between work and study.

But don't delude yourself: Continuing education for professional purposes will require hard work and long hours. Remind yourself, your family, and your colleagues that it is a temporary strain with a long-term payoff.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University, says a flexible school schedule is important. That's why so many of her students chose online or distance learning that allows them to fit school around their other commitments, rather than fitting the rest of their life around school.

"The Mount offers business courses in the day, the evening and by distance so that people who are working can take advantage of the program to suit themselves," she says. "You can do the work on your own time."

Most of their lifelong learners are working on degrees through a distance-learning format that lets them set much of the schedule. Business degrees can be done entirely as distance learning, making them popular with people who are already working in their chosen field, but need an academic degree to advance.

– Jon Tattrie

In 22 Weeks YOU can be a
HEALTH CARE AIDE

Academy of Learning HCA program offers:

- Planning for a Successful Career Seminar
- Job Search and Resume Writing Course
- First Aid / WHMIS
- 3 On-Site Clinical Practicums
- No Waiting List
- Scrubs are provided

Curriculum developed by Alberta Government of Alberta Health and Wellness

Call Today, START TRAINING Right Away!

97% of Academy of Learning graduates have found rewarding careers in Healthcare, Business, Information Technology, Hospitality, Legal and more! Financial Assistance may be available to those who qualify.

Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca

Calgary Northeast (403) 569-8973
#260, 495 - 36th Street NE
Calgary South (403) 252-8973
#220, 8228 Macleod Trail South

Free and open to all.
Donations gratefully accepted.

EXPERIENCE SPEAKERS

DR. GLEN CHILTON

"The Attack of the Killer Rhododendrons: My Obsessive Quest to Seek Out Alien Species"

St Mary's University College

2012/2013 SPEAKERS SERIES

WEDNESDAY, DECEMBER 5 | 7:30 PM

Book signing to follow

FR. MICHAEL J. MCGIVNEY HALL
14500 BANNISTER ROAD SE | CALGARY, AB
www.stmu.ca/speakersseries

STRONG LINKS

MRU SUPPLY CHAIN MANAGEMENT COURSE

Growing industry demands have created a great need for trained professionals in the supply chain industry in Calgary.

Learn how to facilitate these increases in demands with certification through Mount Royal University's supply chain management extension certificate.

"Supply chain applies to industries across the board," says Ken Rawson, supply chain management instructor at MRU, who also has more than 28 years of experience in the industry.

"The skills we impart on the students allow them to go to any kind of industry."

As Rawson's career has proven, this field is not confined to only warehouse management. Having worked in the private and public sectors, oil and gas, the army, transportation industry and the health-care industry, supply chain is versatile career.

"It is about knowing what the customer wants, being able to identify an appropriate supplier that can meet those requirements, and managing that relationship over time as the business grows," Rawson says.

LEARN MORE

If you are interested in a career in supply chain management, register to attend a free information night at Mount Royal University.

The information night takes place Nov. 29, from 6:30-8 p.m. at the Roderick Mah Centre for Continuous Learning. Presenters will be on hand to answer any questions you may have about this program.

"What it boils down to is relationship management."

Not only must a supply chain management professional learn to effectively manage the needs of the customers they serve, but also the relationships within the organization where they are employed.

Rawson says Calgary is experiencing a growth in supply chain activity and the demand for well-trained supply chain professionals is on the rise.

MOUNT ROYAL UNIVERSITY PHOTO

The supply chain management certificate will help students who are seeking to grow within this industry or at their current place of work.

The certificate is made up of nine required courses and a final assessment paper.

Students will learn how the different parts of the supply chain fits together and the role they play within an organization. From here, they will learn how to meet the needs of the customer in a timely and cost-effective manner.

Courses take place during the evening and on weekends to allow students to maintain their jobs while learning the skills to succeed at those jobs.

For more information about the supply chain management program at MRU, visit conted.mtroyal.ca/supplychain.

YOU KNOW WHERE YOU WANT TO GO,
BUT NOT HOW TO GET THERE.
start here.

It's what you've always wanted. Reduced tuition costs, flexible online or on-campus learning opportunities, relevant and accredited career programs that reflect today's fastest-growing industries and market trends, and professional guidance with real-world expertise that is specific to your needs. Now is the time.

DeVry Institute of Technology **Calgary Campus**
Call **403 235 3450** or visit **DeVry.ca** to get started.

©2012 DeVry Educational Development Corp. All rights reserved.

DeVry Institute of Technology

ST. MARY'S LAUNCHING SACRED ARTS COURSES

St. Mary's University College is the home of Western Canada's only fine art reproduction of The Saint John's Bible, the first handwritten and illuminated Bible in more than 500 years.

St. Mary's will be the only university in Western Canada to house these volumes and make them available for public viewing, says Dr. Mark Charlton, vice-president, academic, and dean at St. Mary's University College.

The creators of The Saint John's Bible employed the same techniques used in the creation of the ancient illuminated manuscripts. In doing so, they created a masterpiece of art that speaks to our own time.

To celebrate the arrival of The Saint John's Bible, St. Mary's University College is launching a series of workshops and courses focusing on the sacred arts.

These courses will help students gain insight into the principles that underpin

COPYRIGHT DEREK EVAN, HUW EVANS AGENCY, CARDIFF, WALES

the great traditions of sacred art, while learning skills and techniques to create a contemporary artwork of their own.

Courses will be offered in a wide range of topics, including painting, iconography, calligraphy, manuscript illumination, stained glass making, and Gregorian chant.

Students may wish to take a single workshop or register for a series of workshops to qualify for the newly-created certificate in the sacred arts – foundations.

These courses combine hands-on instruction with a theoretical understanding of the theology and aesthetic principles that underlie the development of excellence in the various fields of sacred art.

For more on the sacred arts program or to register for a course, visit stmu.ca/sacredarts or call 403-254-3751.

CUSTOMIZE YOUR SCHEDULE AT ACADEMY OF LEARNING

Getting trained for a career in health care has never been easier.

At Academy of Learning, there is no need to wait until September to begin your training for this field, where trained professionals are in high demand.

"The health-care aide and medical office assistant programs are tremendous career opportunities with the population continuing to grow and age," says Brady Sylvester, admissions adviser for Academy of Learning.

With the Integrated Learning System at Academy of Learning, students have the freedom to customize their schedules to fit their lives.

What this means for students is no waiting for the next semester to start, since students have the ability to start almost all of the school's programs at any time with no wait lists.

Not only will you be getting an education that works with your schedule, but you will also be able to achieve this in a location that is convenient to you as well.

Enrol in your desired program at one of the two convenient locations in Calgary — the North or South campuses.

Academy of Learning is a business and

ACADEMY OF LEARNING PHOTO

career college that offers diplomas in a number of fields in less than a year.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

The school also offers career training in the main areas of health care, office administration, accounting, IT, and web design.

Stop by and speak with an admissions adviser to let them help you begin your journey down your new career path.

For more about Academy of Learning, visit academyoflearning.ab.ca.

MOUNT ROYAL UNIVERSITY
1910

CONTINUING EDUCATION

Reveal a new you

Invest in your career by taking Mount Royal University's **Event Management Certificate**.

Classroom or online studies available.

Information: 403.440.8804 or cebusiness@mtroyal.ca
Registration: 403.440.3833

mtroyal.ca/conted

RIGHT STRATEGY SOLVES PROBLEMS

LEARN HOW AT MOUNT ROYAL UNIVERSITY

Without strategic management, organizations would not survive in the ever-evolving world of business.

Through the strategic management program at Mount Royal University Faculty of Extension, develop the strategies and tools to analyze strategy and structure and deliver a project outcome and manage the plan seamlessly.

"This new certificate program has been designed to meet the needs of both businesses and non-profit organizations as they face the challenges of increasing performance and managing growth in a rapidly changing world," says Judy McMillan-Evans, instructor and course developer for MRU Continuing Education and owner of McMillan-Evans Consulting.

The program was based on the growing need of strategic thinkers in the fast moving and innovating workforce. This program provides knowledge for managers and leaders to manoeuvre where strategy development, execution and ongoing evaluation are essential.

MOUNT ROYAL UNIVERSITY PHOTO

Strategic management students will learn the essential building blocks for formulating, planning, executing and measuring the success of a strategy.

Key topics include strategic planning, strategic execution, innovation, creative problem solving, decision-making, performance measurement, and effective business case development.

"Business can be an exciting adventure when management possesses the tools to assess the market dynamics, develop innovative strategies, execute strategic decisions and evaluate the effectiveness of the strategic process," McMillan-Evans says.

McMillan-Evans says this program was developed for managers at every level, entrepreneurs, business consultants, business professionals and volunteer leaders.

"The students will learn to become a strategist within their world of work, they will also walk away with a 'living' strategy that they will work on designing, delivering, and executing during the learning process of the program," says Rowena Liongson Browne, instructor course developer of the strategic management program at MRU and owner at Lighthouse Partners Corp.

"After completing the program, the students will be confident about managing strategy, and identifying key functions that make strategy successful as a result of their work in developing and executing strategy."

For more information, visit conted.myroyal.ca/strategic.

FREE INFO NIGHT

If you are interested in learning more about the strategic management certificate, register to attend a free information night on Jan. 22, 2013.

It will take place from 6-7:30 p.m. at the Roderick Mah Centre for Continuous Learning. Presenters will be on hand to answer any questions you many have about this program.

ABM COLLEGE

Become a Health Care Aide in 5 Months

- We offer accredited programs, **Alberta Government** approved, that will lead to a more rewarding career
- Flexible class schedules: Mornings, Afternoons, Evenings and Weekends
- Funding available for those who qualify

Health Care Aide

your **FUTURE** starts here...

403.719.4300
3516 26 Street NE, Calgary AB
(Opp. Greenwood Inn)
info@abmcollege.com
www.abmcollege.com

Health Care Aide • Massage Therapy • Business Admin
Medical Office Assistant • Accounting & Payroll

CONTINUING EDUCATION INFO NIGHT

Advance your career with business and technical programs with Continuing Education at SAIT Polytechnic. We offer evening, weekend, distance and Fast-Track programs taught by industry experienced instructors. Whether you're looking to enhance existing skills or change careers, getting access to the training you need has never been easier.

FIND OUT MORE:
Continuing Education Info Night
Tuesday, November 27, 4:30 pm – 7:30 pm,
Atrium, Stan Grad Centre, main campus.

Visit SAIT.CA for information on our career development and professional courses.

BUSINESS • TECHNOLOGY • TRADES

FURTHER YOUR PASSION

SAIT POLYTECHNIC

ISTOCKPHOTO/THINKSTOCK

SAIT HOLDING AN INFORMATION NIGHT

If you're starting to think it's time to upgrade some of your professional skills, or maybe acquire some ones, the SAIT Continuing Education Information Night on Nov. 27 is probably a place you need to be.

"We're hoping to get a wide range of individuals out to the event because we have over 1,000 different courses, including 67 part-time certificates, in every program area imaginable," says Russell Wright of the SAIT School of Business. The new applied project management program is now online, "and everybody's looking for a project manager these days," Wright says.

The lean management certificate of completion and the unconventional petroleum certificate of achievement are also new additions to the Continuing Education menu.

Courses aren't all that is new at SAIT either. "One thing we wanted to do was introduce part-time learners to our beautiful new facilities," Wright says. "With our new Trades and Technology Complex, we thought, 'What a great opportunity to invite Calgarians onto our site, show them our state-of-the-art buildings, let them know of all the new programs we have and let them have a new appreciation of all that to offer right next to the downtown core."

The information night will run from 4:30-7:30 p.m. in the Atrium of the Stan Grad Centre. Each school will have an information area with faculty and staff on hand to answer questions. Refreshments and door prizes are also on offer, including three $500 certificates toward any Continuing Education course.

For more, go to sait.ca.

ABM DELIVERS COURSES THAT ARE IN DEMAND

With the new year swiftly approaching, many people will be re-evaluating their lives and, equally, their careers.

It's certainly that time of year when decisions are made about one's self and family.

"ABM is expecting a flood of enquiries from perspective students wishing to embark on a new and more rewarding career," says Dr. Mohammed Baten, president and CEO of ABM College.

ABM College of Health and Technology is a registered vocational college with campuses in both Calgary and Toronto.

The college offers a diverse range of courses to suit a broad range of students.

"The aim of the college is to help students enhance their current career path or to help launch a new one," Baten says.

"The college is extremely proud of its professional teaching staff, who, between them, have many years of hands-on experience and knowledge."

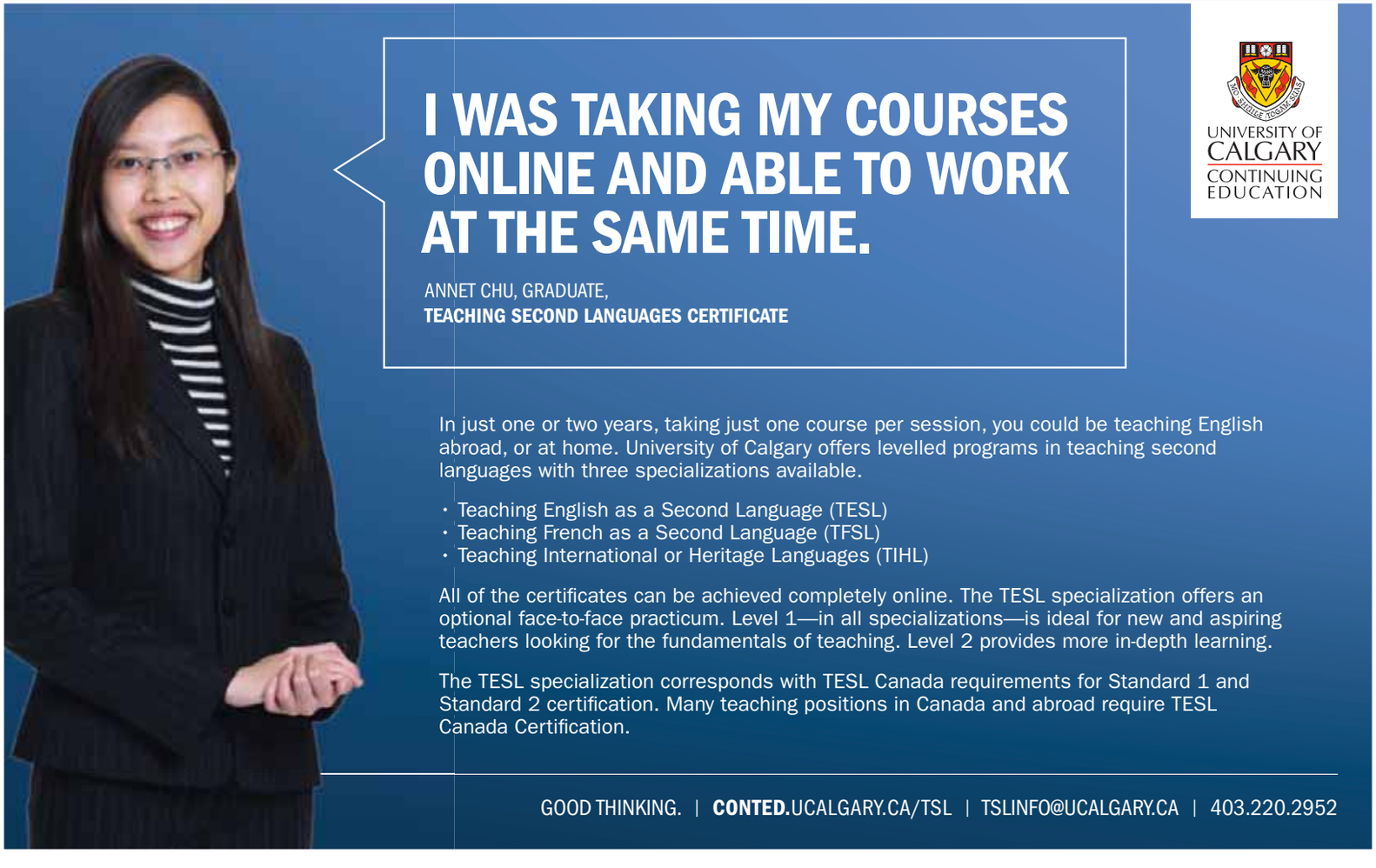
ABM College has been delivering quality education and training for many years. Each year, the school delivers courses that are in demand by both employers and students across Canada. ABM is considered to be the fastest growing college in Alberta and amongst the leading in Canada.

"Our dedicated and highly qualified teaching staff are committed to ensuring every learner develops to their full potential," Baten says.

ABM has a strong bond with local employers ensuring the students are best placed to find employment after graduation and has a reputation as a friendly and welcoming place to study.

For more, visit abmcollege.com.

GEORGE DOYLE/STOCKBYTE/THINKSTOCK


I WAS TAKING MY COURSES ONLINE AND ABLE TO WORK AT THE SAME TIME.
ANNET CHU, GRADUATE,
TEACHING SECOND LANGUAGES CERTIFICATE
UNIVERSITY OF CALGARY
CONTINUING EDUCATION
In just one or two years, taking just one course per session, you could be teaching English abroad, or at home. University of Calgary offers levelled programs in teaching second languages with three specializations available.
• Teaching English as a Second Language (TESL)
• Teaching French as a Second Language (TFSL)
• Teaching International or Heritage Languages (TIHL)
All of the certificates can be achieved completely online. The TESL specialization offers an optional face-to-face practicum. Level 1—in all specializations—is ideal for new and aspiring teachers looking for the fundamentals of teaching. Level 2 provides more in-depth learning.
The TESL specialization corresponds with TESL Canada requirements for Standard 1 and Standard 2 certification. Many teaching positions in Canada and abroad require TESL Canada Certification.
GOOD THINKING. | CONTED.UCALGARY.CA/TSL | TSLINFO@UCALGARY.CA | 403.220.2952

DISCOVER YOUR LANGUAGE PASSION

WITH CERTIFICATE PROGRAM FROM THE U OF CALGARY

Are you interested in teaching English as a second language (ESL) in countries around the world, or to new Canadians right here at home?

Are you looking for learning that can help you teach French as a second language (FSL)?

Perhaps you would like to teach — or are already teaching — your native language to English speakers in Canada, and would benefit from learning the fundamentals of teaching.

All of these needs can be met with the teaching second language (TSL) certificate program offered through University of Calgary Continuing Education. The flexible online program offers three specializations. Two levels are available to meet the varying needs of aspiring, new, or experienced teachers.

Annet Chu, a graduate of the TSL certificate specializing in teaching ESL, gives Continuing Education full credit for establishing her newfound career path.

UNIVERSITY OF CALGARY PHOTO

"The program helped me discover my passion," says Chu, whose interest in education began after teaching a life skills class at a local college.

That experience led her to apply for ESL teaching positions, and then to look for education that could develop her classroom skills and give her credentials to add to her resumé.

UNIVERSITY OF CALGARY PHOTO

"I chose the program partly because it was recommended to me, and partly because it was acknowledged by TESL Canada," Chu says. "At first, I decided to take one course to see what I thought of online learning. It was fabulous ... and fit perfectly into my busy schedule."

Ingrid Smith is also a graduate of the TSL certificate program. Over the past three decades, Smith has been an accountant, a nurse, a stay-at-home mom, and now, a language teacher and tutor.

Her newest career began unexpectedly when she was approached by Calgary's German-Canadian club to take a position teaching German, her first language, to children.

After settling into her new career, she was thrilled to discover the TSL certificate specializing in teaching international heritage languages (IHL). She enrolled and has completed both levels of the certificate.

"The courses were very helpful, providing guidance on learning styles and how to adapt to different ages of students."

Today, Smith teaches German to three- and four-year-olds in a private preschool in Calgary and tutors older children.

A third specialization is also available for teachers of French as a second language.

Information on this flexible, online program can be found at conted.ucalgary.ca, or by calling 403-220-2952.

Don't get caught off guard — have a post-baby budget

Alison on Money.
What to expect when you're not expecting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning ($230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is reduced.

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

Are you going to be a parent? Time to start saving. ISTOCK IMAGES

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about $18,000 to make their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits are generally only 55 per cent of your employment income to a maximum of about $445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per cent on a $20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Don't trump or be trumped on the gifts

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Picture Christmas Day. Family, friends and loved ones have gathered to eat a fantastic meal and exchange gifts.

You draw names and get to open your presents first. As you unwrap each gift, you quickly realize that you've overspent on the presents you're about to give. Your brother-in-law goes next and opens your gift to him — a $200 Hugo Boss wallet. Meanwhile, his gift to you was a $20 pair of mitts. Your sister gives you the evil eye because your gift just trumped her gift to her husband. Now you're really uncomfortable.

We've all been in this position. Unclear gift expectations can lead to unpleasant and unintended emotional consequences over the holidays.

The holidays are not about gifts, but because it's customary to give presents, save yourself from this experience and set expectations in advance.

With your partner, discuss your total holiday budget for the season and how much each of you will contribute for family functions, dinners, gifts, baking, parties and entertainment. If it's hard to keep track of everything, draw up a simple spreadsheet, list your financial commitments and total it up.

Talk about your holiday budget limitations and expectations. For example, you may have set aside $500 and have to buy gifts for 10 people, meanwhile your honey may have $1,000 to spend on five people. It's also important to agree on how much to spend on each other. If you can't agree on a dollar value, consider putting money towards a joint gift like a kitchen appliance or a weekend spa vacation. Or, instead of gifts, you could make a donation to your favourite charity.

Next, call your extended family and agree on gift value limits, like $50 per person, or whether you want to draw names and only buy for one person. Do the same with co-workers and friends.

Don't be afraid to be frugal when holiday shopping. It's 100 per cent okay to use coupons and take advantage of deals to save money.

WagJag.com

GET DEALS ON THE GO!
iPhone app Android app

Save 90%
OFF ARASHI-DO MARTIAL ARTS
$15 FOR 2 MONTHS OF UNLIMITED CARDIO KICKBOXING AND KETTLEBELL CLASSES AT ARASHI-DO MARTIAL ARTS (A $150 VALUE)
ARASHI-DO MARTIAL ARTS

MORE GREAT DAILY DEALS,
- 56% off Kids Magazine
- 58% off 'I Like Books'
- Up to 91% off Anti-Aging Skin Serums
- Up to 55% off Childrens' Literacy Program
- 77% off XM Radio Subscription

Sign up AND START SAVING, TODAY!
Visit WagJag.com
Follow us facebook.com/wagjag @wagjag

Jaunt.ca
Follow us: /GoJaunt @GoJaunt

Mountainside Escape to Banff National Park
Inns of Banff, Banff, AB
ORIGINAL PRICE $260
$139* Buy before December 11, 2012

All offers subject to availability & other conditions. Please visit www.jaunt.ca for details.
tico.ca
Fulfillment services provided by Jaunt.ca Inc. 590 King Street West, Suite 400, Toronto, Ontario, M5V 1M3 TICO Registration No.: 50020132
* Unless otherwise specified, taxes, servitce fees & gratuities are not included and will be payable directly to the hotel

Calgary Stampeders receiver Nik Lewis, middle right, leads teammates in a cheer during practice on Saturday in Toronto. Despite losing the Grey Cup, Lewis remained upbeat about the Stampeders' season. SEAN KILPATRICK/THE CANDIAN PRESS

Lewis finds positives in wake of Cup loss

Grey Cup aftermath. Quarterback Glenn and running back Cornish decline to speak with assembled media

A sombre group of Calgary Stampeders returned to McMahon Stadium on Monday, a day after a 35-22 loss to the host Toronto Argonauts in the 100th Grey Cup.

Despite losing on the CFL's biggest stage, veteran receiver Nik Lewis remained optimistic about a 2012 season that saw the Stampeders overcome a slow start and knock off the defending Grey Cup champions in the West Division final.

"I felt like we did a great job this season," said Lewis, who had six catches for 100 yards against the Argos. "We just came up a little short, didn't play a really good game when we needed to."

Lewis was one of several players who talked to the assembled media members in the McMahon Stadium parking lot on Monday, while others like quarterback Kevin Glenn and running back Jon Cornish declined to speak.

Glenn and Cornish instead said that they would address the media on Tuesday morning when the Stamps return to clean out their lockers.

Lewis said that he's proud that the Stamps fought their way to the Grey Cup game despite an unstable roster that saw 72 different players suit up due to a rash of injuries.

"If the 72 guys that suited up are the 72 guys at training camp, it's going to be a pretty competitive training camp," Lewis said.

Lewis had a career best 100 catches this past season for 1,241 yards. He has surpassed 1,000 yards receiving in each of his nine seasons.

"That's my goal every year is to come out and be better," Lewis said. "We didn't win a Grey Cup, so that means I have to go and look what I can do to be better, look at my game and look at that game in the Grey Cup and see where I could have been better."

Defensive back Keon Raymond said he was still feeling the effects of the stinging loss to the Argos on Sunday.

"It's just been tough so far," Raymond said. "This is still a wound that's kind of fresh. My hat's off to Toronto. They played a good game. They played a better game than we did."

Like Lewis, Raymond also commended the resiliency of the Stamps this year.

"I'm proud of the fact that the guys depended on each other week in and week out," Raymond said. "It didn't end the way we wanted to, but I think guys appreciated the relationships that we had this year, that we bonded."

A day after compiling 283 all-purpose yards against the Argos, kick returner/receiver Larry Taylor said he was disappointed to return to Calgary empty-handed.

"We were able to fight and just keep ourselves in the game," Taylor said. "Unfortunately it didn't play out for us as we would have liked it to."

Taylor had a 105-yard kickoff return for a touchdown in the third quarter negated due to a holding penalty against Raymond.

Defensive lineman Corey Mace said that the season definitely took its toll on him, both mentally and physically.

"It's times like this when you come up on the short end of the stick, it's a tough pill to swallow," said Mace, who's a free agent. "Now it's just let the cards fall where they may.

"I'm a Calgarian. I've been staying here this past year. I plan to stay here this off-season. Hopefully I could wear that horse on the side of the helmet, but all that's to be seen."

THE CANADIAN PRESS

Quoted

"We picked the wrong game to be on the biggest stage and not play our best game" Stampeders kick returner/receiver Larry Taylor on the Stamps performance in the Grey Cup.

CFL

Grey Cup ratings soar, but fall short of national record

Television ratings for the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders fell short of the modern national record set in 2009, according to overnight data from BBM Canada.

An average audience of 5.8 million viewers on TSN and RDS tuned in to see the Argonauts beat the Stampeders 35-22 at home.

The average of 5.5 million viewers on TSN is the largest English audience for the game since a new ratings measurement system caused sports TV ratings to skyrocket. But the overall average falls short of the 6.1 million total viewers who watched Montreal beat Saskatchewan shortly after the new system was introduced in 2009. The numbers for that game were buoyed by a larger audience on French-language RDS.

THE CANADIAN PRESS

CFL

Argos' Ray credits team bond for Cup win

Ricky Ray saw it coming out of training camp. These Toronto Argonauts had a special bond.

They might not have been the biggest, fastest or most heralded. But they had each other's back.

Ray, who came over from the Edmonton Eskimos in a blockbuster off-season trade, credits GM Jim Barker and rookie head coach Scott Milanovich for choosing the right pieces in assembling what was to become a Grey Cup champion squad.

"Scott and the staff and Jim coming out of training camp didn't necessarily pick the best, most talented guys," said the veteran quarterback. "They picked guys that were going to be good teammates over some of those guys."

THE CANADIAN PRESS

Ricky Ray celebrates with the Grey Cup on Sunday. THE CANADIAN PRESS

MacDonald seen as heir apparent to GSP's throne

MMA. Kelowna, B.C., welterweight's star on the rise heading into fight with Penn

Rory MacDonald, right, hits Mike Pyle in their welterweight bout at UFC 133 in August 2011 in Philadelphia. SUCHAT PEDERSON/THE NEWS-JOURNAL/THE CANADIAN PRESS FILE

Should Georges St-Pierre retire as UFC welterweight champion, the title may not have far to go.

Rory (Ares) MacDonald trains alongside St-Pierre at Montreal's Tristar Gym. Just 23, the native of Kelowna, B.C., is seen by some as the heir apparent to GSP.

Including the 31-year-old St-Pierre himself.

"Oh yeah, definitely. I believe he has all the tools to be the greatest," St-Pierre told The Canadian Press

Mike Ricci, another Tristar training partner who is currently being showcased on The Ultimate Fighter TV show, also sees a UFC championship belt being wrapped around his friend's waist.

"Oh yes, that's not a question. That's definitely not a question," said Ricci. "He's so talented and so focused, I don't see anybody stopping that man."

MacDonald (13-1) can turn more heads on Dec. 8 when he faces former lightweight and welterweight champion B.J. (The Prodigy) Penn on a televised UFC card in Seattle.

The 33-year-old Penn (16-8-2) is a veteran fighter who loves to get under his opponent's skin. He has used Twitter before this fight to denigrate MacDonald for postponing their meeting due to a cut and to make some less-than veiled jabs about drugs.

At Penn's request, MacDonald agreed to undergo random drug tests ahead of the fight. MacDonald says he has already passed two random tests, sounding like he agreed to Penn's request just to shut him up.

"At the end of the day, he can say what he wants to say, get people excited, but I'm still going to beat his ass," MacDonald told a recent fan question-and-answer session prior to UFC 154 in Montreal.

"He's got a lot of excuses, that guy," he added. "He likes to start (stuff)."

THE CANADIAN PRESS

Quoted

"Me and Georges are not going to fight ... I wouldn't disrespect Georges or the gym in that way."

Rory MacDonald quashing rumours that he and Georges St-Pierre might meet in the cage.

Panthers send Eagles to seventh-straight loss

Carolina Panthers quarterback Cam Newton hurdles Eagles strong safety Nate Allen to score a touchdown in the second half of Monday night's game in Philadelphia. Newton threw for two touchdowns and rushed for two in the Panthers' 30-22 win. MEL EVANS/THE ASSOCIATED PRESS

'New approach' coming as mediators enter lockout talks

The NHL and NHL Players' Association are hoping some objective voices can help bring an end to their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on a couple of occasions prior to the cancellation of the 2004-05 season.

"While we have no particular level of expectation going into this process, we welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date," deputy commissioner Bill Daly said Monday.

Added NHLPA executive director Donald Fehr: "We look forward to their involvement as we continue working to reach an equitable agreement for both the players and the owners."

The mediation will be nonbinding, meaning the sides will not be forced to go along with suggestions or recommendations made by Scot L. Beckenbaugh and John Sweeney. Those mediators are scheduled to meet separately with the league and union on Wednesday.

Where they stand

- The NHL and NHLPA haven't met since last week, when the union tabled a proposal that Gary Bettman quickly labelled as one that left the sides "far apart."
- They've managed to reach some common ground on a 50-50 revenue split, but are divided on the amount of additional payments the league will make to help ease the transition.

Beckenbaugh was acting director of the Federal Mediation and Conciliation Service during the NHL's last lockout and sat in on sessions at that time. One of those occurred just three days before commissioner Gary Bettman cancelled the entire season in February 2005.

Mediation has been used in virtually every labour dispute involving pro sports leagues in recent years.

George Cohen, the director of the Federal Mediation and Conciliation Service, has worked with the players' associations for Major League Baseball and the NBA, and was also an adviser to the NHLPA before joining the FMCS three years ago.

Cohen mediated during the 2010 negotiations in Major League Soccer and 2011 talks in the NFL and NBA, along with this year's dispute between the NFL and its on-field officials.

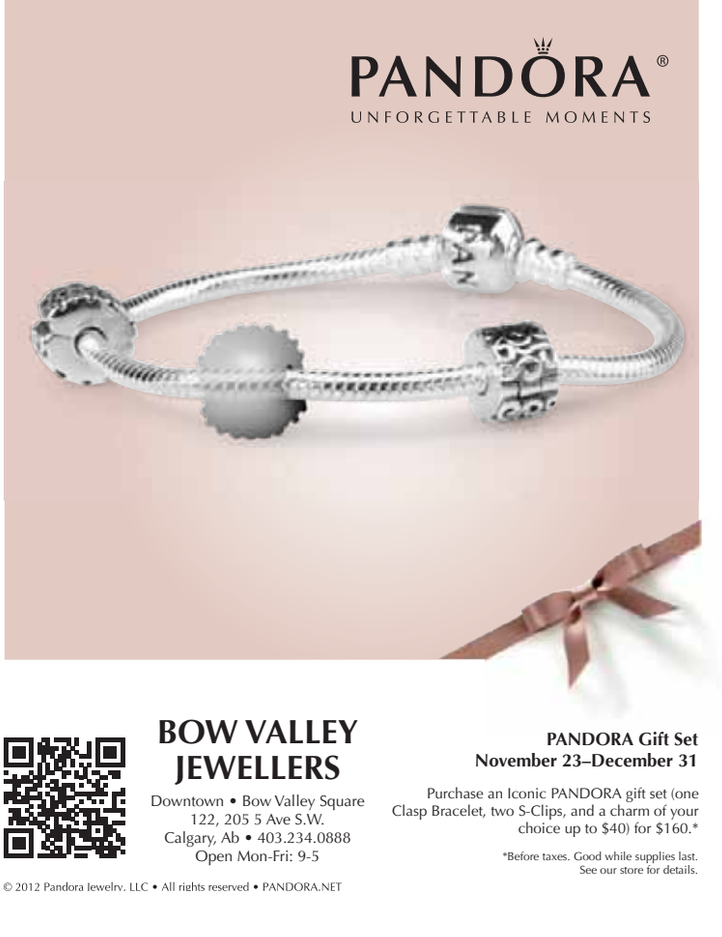
In a statement, he said his organization would not comment on the schedule or status of the NHL negotiations "until further notice."

THE CANADIAN PRESS

By the numbers

11

The NHL lockout is now in its 11th week and has forced the league to cancel 422 regular-season games, plus the Jan. 1 Winter Classic at Michigan Stadium and Jan. 27 all-star game in Columbus.


PANDORA®
UNFORGETTABLE MOMENTS
BOW VALLEY JEWELLERS
Downtown • Bow Valley Square
122, 205 5 Ave S.W.
Calgary, Ab • 403.234.0888
Open Mon-Fri: 9-5
PANDORA Gift Set
November 23–December 31
Purchase an Iconic PANDORA gift set (one Clasp Bracelet, two S-Clips, and a charm of your choice up to $40) for $160.*
*Before taxes. Good while supplies last. See our store for details.
© 2012 Pandora Jewelry, LLC • All rights reserved • PANDORA.NET

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	10	3	.769	—
Brooklyn	9	4	.692	1
New York	9	4	.692	1
Milwaukee	7	5	.583	21/2
Atlanta	8	4	.667	11/2
Philadelphia	8	6	.571	21/2
Boston	8	6	.571	21/2
Charlotte	7	6	.538	3
Chicago	6	7	.462	4
Indiana	6	8	.429	41/2
Orlando	5	8	.385	5
Detroit	4	11	.267	7
Toronto	3	11	.214	71/2
Cleveland	3	11	.214	71/2
Washington	0	12	.000	91/2

WESTERN CONFERENCE

	W	L	Pct	GB
Memphis	10	2	.833	—
San Antonio	12	3	.800	-1/2
Oklahoma City	11	4	.733	1/2
L.A. Clippers	8	5	.615	21/2
Golden State	8	6	.571	3
Utah	8	7	.533	31/2
Denver	8	7	.533	31/2
Dallas	7	7	.500	4
L.A. Lakers	7	7	.500	4
Houston	6	7	.462	41/2
Phoenix	6	8	.429	5
Portland	6	8	.429	5
Minnesota	5	7	.417	5
Sacramento	4	9	.308	61/2
New Orleans	3	9	.250	7

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results

San Antonio 118 Washington 92
Brooklyn 96 New York 89 OT
Detroit 108 Portland 101
Oklahoma City 114 Charlotte 69
Memphis 84 Cleveland 78
Milwaukee 93 Chicago 92
Utah 105 Denver 103
New Orleans at L.A. Clippers

Sunday's resuilts

San Antonio 111 Toronto 106 OT
New York 121 Detroit 100
Brooklyn 98 Portland 85
Philadelphia 104 Phoenix 101
Boston 116 Orlando 110 OT
Denver 102 New Orleans 84

Tuesday's games

Dallas at Philadelphia, 7 p.m.
Phoenix at Cleveland, 7 p.m.
Toronto at Houston, 8 p.m.
Minnesota at Sacramento, 10 p.m.
Indiana at L.A. Lakers, 10:30 p.m.

Wednesday's games

San Antonio at Orlando, 7 p.m.
Portland at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Brooklyn at Boston, 7:30 p.m.
Charlotte at Atlanta, 7:30 p.m.
Dallas at Chicago, 8 p.m.
Toronto at Memphis, 8 p.m.
New York at Milwaukee, 8 p.m.
Houston at Oklahoma City, 8 p.m.
Utah at New Orleans, 8 p.m.
Minnesota at L.A. Clippers, 10:30 p.m.

Thursday's games

San Antonio at Miami, 8 p.m.
Denver at Golden State, 10:30 p.m.

NBA LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Bryant, LAL	14	126	97	376	26.9
Durant, Okl	14	119	111	371	26.5
Anthony, NYK	12	110	61	307	25.6
Harden, Hou	13	98	107	327	25.2
James, Mia	13	129	51	327	25.2
Irving, Cle	10	82	47	229	22.9
Westbrook, Okl	14	110	64	305	21.8
Mayo, Dal	14	103	53	301	21.5
Bosh, Mia	13	94	73	263	20.2
Gay, Mem	11	84	40	221	20.1
Pierce, Bos	14	89	75	281	20.1
Ellis, Mil	11	85	40	219	19.9
Aldridge, Por	12	95	46	236	19.7
Lillard, Por	13	90	42	255	19.6
Lopez, Bro	12	98	32	228	19.0
Duncan, SA	14	104	57	266	19.0
DeRozan, Tor	14	98	60	262	18.7
Batum, Por	13	85	38	242	18.6
Crawford, LAC	13	79	57	242	18.6
Holiday, Phi	14	100	41	260	18.6
Curry, GoS	14	87	50	257	18.4
Walker, Cha	12	79	51	216	18.0
Howard, LAL	14	90	72	252	18.0
Deng, Chi	12	82	40	214	17.8
Anderson, NO	12	82	8	213	17.8
Griffin, LAC	13	93	45	231	17.8
Parker, SA	13	98	28	230	17.7
Bargnani, Tor	14	91	43	247	17.6
Matthews, Por	13	82	32	227	17.5
Jennings, Mil	11	76	23	192	17.5
Sessions, Cha	12	66	67	206	17.2
Williams, Bro	12	65	53	201	16.8
Monroe, Det	14	92	51	235	16.8
Randolph, Mem	11	72	40	184	16.7
West, Ind	14	93	46	232	16.6
Lee, GoS	14	97	36	230	16.4
Dragic, Pho	14	77	47	224	16.0
Martin, Okl	14	64	61	223	15.9
Garnett, Bos	14	88	46	222	15.9
Horford, Atl	11	79	17	175	15.9
Johnson, Bro	12	70	28	189	15.8

Not including last night's games

SOCCER

MLS CUP

Saturday, Dec. 1 — All Times Eastern
Houston vs. Los Angeles, 4:30 p.m.

GREECE

ETHNIKI ALPHA

Yesterday's result
Panthrakikos 4 Aris 0

ITALY

SERIE A

Yesterday's results
Cagliari 0 Napoli 1
Parma 1 Inter Milan 0

PORTUGAL

LIGA

Yesterday's result
Moreirense 2 Sporting CP 2

SPAIN

PRIMERA

Yesterday's result
Zaragoza 0 Celta Vigo 1

CFL

100TH GREY CUP

AT TORONTO
Sunday's result
Toronto 35, Calgary 22

LATE SUNDAY

ARGONAUTS 35, STAMPEDERS 22

First Quarter
Tor — TD Owens 5 pass from Ray (Waters convert) 8:03
Cal — FG Paredes 30 11:11
Second Quarter
Tor — TD Horne 25 interception return (Waters convert) 0:43
Tor — FG Waters 16 5:56
Cal — FG Paredes 18 12:29
Tor — TD Inman 1 pass from J.Jackson (Waters convert) 14:40
Third Quarter
Cal — FG Paredes 27 8:52
Tor — FG Waters 20 12:19
Cal — Safety Prefontaine concedes 15:00
Fourth Quarter
Cal — FG Paredes 19 5:14
Tor — TD Durie 7 pass from Ray (Waters convert) 9:38
Tor — Single Prefontaine 55 13:32
Cal — TD Price 12 pass from Mitchell (Price pass 5 from Mitchell for two-point convert) 14:40

Calgary	**3**	**3**	**5**	**11**	**— 22**
Toronto	**7**	**17**	**3**	**8**	**— 35**

Attendance — 53,208 at Toronto.

TEAM STATISTICS	Cal	Tor
First downs	17	21
Yards rushing	53	128
Yards passing	302	232
Total offence	355	360
Team losses	9	14
Net offence	346	346
Passes made-tried	20-36	19-31
Total return yards	244	114
Interceptions-yards by	1-7	1-25
Fumbles-lost	1-1	1-0
Sacks by	1	2
Punts-average	6-46.5	7-44.6
Penalties-yards	11-99	5-102
Time of possession	29:13	30:47

Net offence is yards passing plus yards rushing minus team losses such as yards lost on broken plays.

INDIVIDUAL STATISTICS

Rushing Ñ Cal: Cornish 15-57, Taylor 1-4, Walter 1-0, Bryant 1-minus-8; Tor: Kackert 20-133, Durie 1-minus-5.
Receiving Ñ Cal: Lewis 6-100, McDaniel 4-53, Taylor 1-42, Bryant 2-31, Walter 1-22, Price 2-17, Cornish 1-16, Arthur 1-13, Cote 1-9, mitchell 1-minus-1; Tor: Barnes 3-82, Kackert 8-62, Inman 3-43, Durie 3-31, Owens 2-14.
Passing Ñ Cal: Glenn 14-27, 222 yards, 0 TDs, 1 int, Mitchell 6-9-80-1-0; Tor: Ray 18-30-231-2-1, J.Jackson 1-1-1-1-0.

GREY CUP MVP

2012 — MVP: Chad Kackert, RB, Toronto; Canadian MVP: Ricky Foley, DE, Toronto.
2011 — MVP: Travis Lulay, QB, B.C.; Canadian MVP: Andrew Harris, RB, B.C.
2010 — MVP: Jamel Richardson, WR, Montreal; Canadian MVP: Keith Shologan, DT, Saskatchewan.
2009 — MVP: Avon Cobourne, RB, Montreal; Canadian MVP: Ben Cahoon, SB, Montreal.
2008 — MVP: Henry Burris, QB, Calgary; Canadian MVP: Sandro DeAngelis, K, Calgary.
2007 — MVP: James Johnson, CB, Saskatchewan; Canadian MVP: Andy Fantuz, SB, Saskatchewan.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	18	9	6	2	1	49	43	21
Worcester	18	9	7	1	1	50	56	20
St. John's	19	9	9	0	1	46	53	19
Portland	18	8	8	1	1	57	61	18
Providence	16	7	8	0	1	33	48	15

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	17	10	3	1	3	59	36	24
Bridgeport	17	10	7	0	0	56	57	20
Connecticut	17	9	7	1	0	58	57	19
Adirondack	17	9	8	0	0	44	47	18
Albany	16	4	7	0	5	37	49	13

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	17	12	3	1	1	65	42	26
Binghamton	16	10	4	1	1	45	38	22
W-B/Scranton	18	11	7	0	0	48	40	22
Hershey	18	7	10	1	0	44	53	15
Norfolk	17	7	10	0	0	48	58	14

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	18	12	2	2	2	51	32	28
Lake Erie	19	10	7	1	1	60	57	22
Rochester	16	9	6	1	0	58	48	19
Toronto	18	9	8	0	1	58	52	19
Hamilton	16	6	8	1	1	34	52	14

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	17	10	5	1	1	62	53	22
Chicago	17	8	6	2	1	49	54	19
Rockford	18	9	8	0	1	56	57	19
Milwaukee	18	8	8	1	1	51	56	18
Peoria	18	6	9	2	1	43	66	15

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	19	12	5	0	2	67	52	26
Oklahoma City	18	11	5	1	1	62	53	24
Houston	18	9	6	1	2	61	55	21
Texas	16	7	7	1	1	37	47	16
San Antonio	17	4	10	0	3	39	55	11

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results

Syracuse 6 Worcester 1
Portland 3 Manchester 2 (OT)
Connecticut 3 Springfield 2
Oklahoma City 7 Charlotte 2
W-B/Scranton 5 Albany 4 (SO)
Milwaukee 3 Grand Rapids 2
Lake Erie 4 Hamilton 1
Texas 5 San Antonio 3
Toronto 2 Hershey 4
Providence 0 St. John's 6
Abbotsford 2 Houston 3 (OT)

Tuesday's game — All Times Eastern

Texas at Rockford, 8:05 p.m.

Wednesday's games

St. John's at Adirondack, 7 p.m.
San Antonio at Rochester, 7:05 p.m.
Hershey at Norfolk, 7:15 p.m.
Rockford at Chicago, 8 p.m.

Thursday's game

Oklahoma City at Houston, 8:05 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	407	244
Miami	5	6	0	.455	211	226
N.Y. Jets	4	7	0	.364	221	290
Buffalo	4	7	0	.364	243	319

SOUTH

	W	L	T	Pct	PF	PA
Houston	10	1	0	.909	327	211
Indianapolis	7	4	0	.636	230	273
Tennessee	4	7	0	.364	238	335
Jacksonville	2	9	0	.182	188	308

NORTH

	W	L	T	Pct	PF	PA
Baltimore	9	2	0	.818	283	219
Pittsburgh	6	5	0	.545	231	210
Cincinnati	6	5	0	.545	282	247
Cleveland	3	8	0	.273	209	248

WEST

	W	L	T	Pct	PF	PA
Denver	8	3	0	.727	318	221
San Diego	4	7	0	.364	245	237
Oakland	3	8	0	.273	218	356
Kansas City	1	10	0	.091	161	301

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	7	4	0	.636	305	226
Washington	5	6	0	.455	295	285
Dallas	5	6	0	.455	242	262
Philadelphia	3	8	0	.273	184	282

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	10	1	0	.909	294	216
Tampa Bay	6	5	0	.545	310	254
New Orleans	5	6	0	.455	308	304
Carolina	3	8	0	.273	214	265

NORTH

	W	L	T	Pct	PF	PA
Chicago	8	3	0	.727	277	175
Green Bay	7	4	0	.636	273	245
Minnesota	6	5	0	.545	248	249
Detroit	4	7	0	.364	267	280

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	2	1	.773	276	155
Seattle	6	5	0	.545	219	185
St. Louis	4	6	1	.409	205	254
Arizona	4	7	0	.364	180	227

WEEK 12

Monday's result

Carolina 30 Philadelphia 22

Sunday's results

Miami 24 Seattle 21
Cincinnati 34 Oakland 10
Indianapolis 20 Buffalo 13
Cleveland 20 Pittsburgh 14
Jacksonville 24 Tennessee 19
Denver 17 Kansas City 9
Chicago 28 Minnesota 10
Atlanta 24 Tampa Bay 23
Baltimore 16 San Diego 13
San Francisco 31 New Orleans 21
St. Louis 31 Arizona 17
N.Y. Giants 38 Green Bay 10

WEEK 13

Thursday's game

New Orleans at Atlanta, 8:20 p.m.

Sunday's games

Arizona at N.Y. Jets, 1 p.m.
Carolina at Kansas City, 1 p.m.
Indianapolis at Detroit, 1 p.m.
Jacksonville at Buffalo, 1 p.m.
Seattle at Chicago, 1 p.m.
New England at Miami, 1 p.m.
Houston at Tennessee, 1 p.m.
Minnesota at Green Bay, 1 p.m.
San Francisco at St. Louis, 1 p.m.
Tampa Bay at Denver, 4:05 p.m.
Cleveland at Oakland, 4:25 p.m.
Cincinnati at San Diego, 4:25 p.m.
Pittsburgh at Baltimore, 4:25 p.m.
Philadelphia at Dallas, 8:20 p.m.

GOLF

PGA

WORLD RANKING

Through November 26

1. Rory McIlroy	13.61
2. Luke Donald	9.28
3. Tiger Woods	8.89
4. Justin Rose	6.66
5. Adam Scott	6.50
6. Lee Westwood	6.39
7. Louis Oosthuizen	6.35
8. Jason Dufner	5.74
9. Webb Simpson	5.61
10. Brandt Snedeker	5.56
11. Bubba Watson	5.39
12. Ian Poulter	5.13
13. Phil Mickelson	5.13
14. Steve Stricker	4.98
15. Keegan Bradley	4.90
16. Nick Watney	4.86
17. Peter Hanson	4.81
18. Matt Kuchar	4.79
19. Dustin Johnson	4.73
20. Ernie Els	4.64
21. Sergio Garcia	4.58
22. Zach Johnson	4.57
23. Bo Van Pelt	4.38
24. Graeme McDowell	4.30
25. Hunter Mahan	4.10
26. Jim Furyk	3.90
27. Paul Lawrie	3.77
28. Charl Schwartzel	3.72
29. Francesco Molinari	3.59
30. Rickie Fowler	3.55

LPGA TOUR

MONEY LEADERS

Through November 26

	Trn	Money
1. Inbee Park	24	$2,287,080
2. Na Yeon Choi	23	$1,981,834
3. Stacy Lewis	26	$1,872,409
4. Yani Tseng	24	$1,430,159
5. Ai Miyazato	23	$1,334,977
6. So Yeon Ryu	24	$1,282,673
7. Jiyai Shin	18	$1,234,597
8. Azahara Munoz	26	$1,230,751
9. Suzann Pettersen	24	$1,182,860
10. Shanshan Feng	19	$1,101,147
11. Mika Miyazato	20	$1,098,749
12. Karrie Webb	20	$884,973
13. Amy Yang	22	$844,305
14. Cristie Kerr	23	$837,314
15. Paula Creamer	23	$815,574
16. Angela Stanford	26	$794,294
17. Sun Young Yoo	23	$781,587
18. Catriona Matthew	20	$714,272
19. Anna Nordqvist	27	$688,703
20. Chella Choi	27	$634,622
21. Lexi Thompson	23	$611,021
22. Hee Kyung Seo	25	$600,403
23. Brittany Lincicome	24	$581,631
24. Brittany Lang	25	$575,263
25. Sandra Gal	26	$574,323
26. I.K. Kim	21	$561,302
27. Karine Icher	24	$541,532
28. Candie Kung	25	$485,963
29. Haeji Kang	24	$456,425
30. Jenny Shin	25	$447,731

100% APPROVAL RATING APPLY NOW AT CREDITCALGARY.COM

CREDIT CALGARY

Bad credit? No credit?
You're still approved.

OVER 1000 NEW VEHICLES AND OVER 500 USED VEHICLES TO CHOOSE FROM

SHAW GMC CHEVROLET BUICK

AMVIC LICENSED

BEST MANAGED COMPANIES

4520 Blackfoot Trail SE
Calgary, AB T2G 4G2 403-569-5417

Horoscopes

Aries
March 21 - April 20
Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

Taurus
April 21 - May 21
You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

Gemini
May 22 - June 21
There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

Cancer
June 22 - July 23
One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

Leo
July 24 - Aug. 23
Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

Virgo
Aug. 24 - Sept. 23
You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

Libra
Sept. 24 - Oct. 23
Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

Scorpio
Oct. 2 04 - Nov. 22
You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

Sagittarius
Nov. 23 - Dec. 21
Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

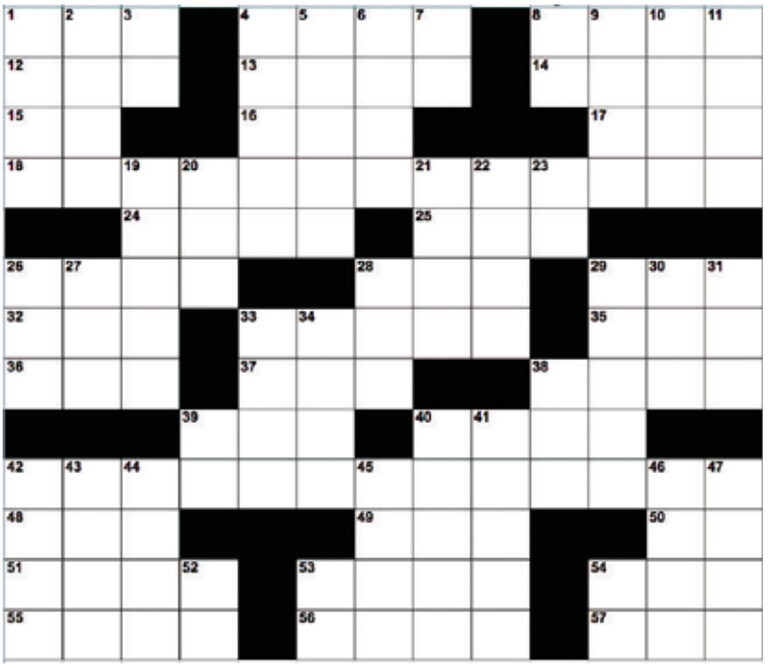
Capricorn
Dec. 22 - Jan. 20
With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

Aquarius
Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

Pisces
Feb. 20 - March 20
Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. **SALLY BROMPTON**

Crossword

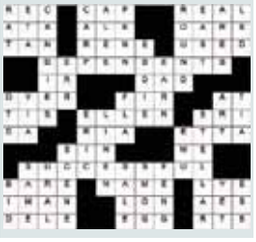
BY BETTY MARTIN



Across
1. Tennis serve
4. Wash
8. Land measure
12. Eggs
13. Greek God of Love
14. Someone who gets things done
15. Egg choice (abbr.)
16. Thing, in the courtroom
17. —: Crime Scene Investigation
18. Put off until tomorrow
24. Puts down
25. Dora the Explorer iguana
26. Cheryl or Alan
28. Building extension
29. Eggs partner
32. Onassis nickname
33. Large wooden box
35. Schnozz ending
36. Sault — Marie
37. Soak
38. Amazed
39. Canadian Automobile Association (abbr.)
40. East Indian dress
42. Escort
48. Poor grade
49. Form of address
50. Shoe width
51. The younger Guthrie
53. Clothes label seen often: —- in Canada
54. — and the City
55. Thaw
56. Mimicked
57. Pesticide

Down
1. Wind around
2. "Somewhere — the Rainbow"
3. University deg.
4. Small fruit
5. Sites
6. Throw the ball
7. Grades 9-12 (abbr.)
8. Commercial
9. Actress Imogene —
10. Take a break
11. A great lake
19. — but goodie
20. Rascal
21. Lean to one side
22. Survivor location, sometimes
23. Sha – Na
26. Nevada city — Vegas
27. Carney of The Honeymooners
28. Have a meal
29. Comedian Mandel
30. Lager
31. — Men
33. Study hard for a test
34. Gather
38. Upper appendage
39. Denver state
40. Mean
41. Hung out to dry
42. Sandler or Levine
43. Membrane
44. Prison room
45. Anon
46. Has to have
47. Send a phone message
52. Bible pt.
53. Mate for Pa
54. Neighbour of ND

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

5				6				8
	6				3	7	1	
	3		7	4				
	1					6		
7		4				2		3
		9					4	
				3	9		2	
	5	8	4				3	
1				2				5

Yesterday's Sudoku

5	3	9	7	6	1	2	4	8
6	7	2	8	9	4	1	3	5
8	4	1	3	5	2	6	7	9
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1
2	9	8	5	1	7	4	6	3
1	2	6	4	3	5	9	8	7
3	8	7	9	2	6	5	1	4
9	5	4	1	7	8	3	2	6

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -4° MIN: -10°	MAX: -8° MIN: -9°	MAX: 1° MIN: -9°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Stylish urban architecture.

STARTING FROM THE MID $400s INCLUDING LOT + GST

walden

Built for real life.
CARDELHOMES.COM

Visit our sales centre.
56 & 60 Walden Terrace SE • 403.984.9107

CARDEL HOMES

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: Dec 12th- 16th, 2012
Next Seminar: Dec 4th, 2012 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

NO GST REALLY!

49 AVAILABLE 75 NEW MAZDA'S ON SALE | INCLUDING MAZDA 3, MAZDA 5, CX-7, CX-9 & CX-5

0 PAYMENTS FOR 90 DAYS 0 INTEREST FOR 84 MONTHS 0 GST ON NEW MAZDAS**

2012 MAZDA 3 SKYACTIV

2012 MAZDA CX-9

mazda

HURRY IN FOR GREAT SELECTION

NORTH HILL MAZDA

YOUR CENTRALLY LOCATED MAZDA DEALER

1211 CENTRE STREET NORTH
403.276.5962

NORTHHILLMAZDA.COM

** Zero G.S.T. (by equivalent discount) on price of remaining New Mazda 3, Mazda 5, CX5, CX7 and CX9 fully repaired after hail damage. See dealer for available inventory. No payments for 90 Days (payment deferral) offer on all in-stock 2012 or 2013 models on 0% purchase finance O.A.C. Payments based on zero down for Mazda 3 Skyactiv model D4SK62AA00 and includes freight & PDI. Offer valid on in-stock hail damaged REPAIRED units.